EISURE

Your Guide to Columbia's Recreational Opportunities



SPRING/SUMMER 2021 ISSUE

Registration Begins: March 3 • Online Registration: March 2



Creating Community







From Mike Griggs Parks and Recreation Director

During this time of heightened stress and anxiety, restricted hours or use orders, wearing of masks, and social distancing, the respite provided by simple things like spending time outdoors has proved to be more important than ever. Trail use has surged as walkers, runners and cyclists flocked to their favorite trail, primarily taking advantage of the popular MKT Trail and Stephens Lake Park Trail. As you continue to use trails to improve your physical and mental well being, now is a good time to explore the many other trails we have in our park system.

Columbia Parks and Recreation provides 8 major destination trails, 13 community park trails (includes nature areas), 21 neighborhood park trails, a mountain bike trail, and a mountain bike skills course, all with varying scenic views and distances to fit your needs. A complete list of trails can be found on CoMo.gov (search "Trail Directory"). Happy trails to you!



Destination Trail

Name: Bear Creek Trail Area Location: NW Mileage: 4.8 miles, linear Surface: gravel Major Trailheads:

- · Cosmo Park
- · Creasy Springs Access
- · Garth Nature Area
- Albert-Oakland Park

Nature Area Trail

Name: Bonnie View Prairie

Loop Trail

Area Location: SW Mileage: 0.3 mile, loop

Surface: concrete

Trailhead: Bonnie View Nature Sanctuary, 3300 Rollins Road



Explore a new (to you) trail!

Community Park Trail

Name: Philips Lake Trail

Area Location: SE

Mileage: 1.4 miles, loop

Surface: gravel

Trailhead: Philips Park, 5050 Bristol Lake Parkway





Neighborhood Park Trail

Name: Woodridge Park Trail

Area Location: NE

Mileage: 0.4 miles, loop

Surface: concrete

Trailhead: Woodridge Park,

3505 Lansing Drive

Mountain Bike Skills Course

Name: Jay Dix Mountain Bike

Skills Course

Area Location: SW Mileage: 0.2 mile, loop

Surface: dirt w/training

obstacles

Trailhead: Jay Dix Station,

3725 S. Scott Blvd.



PARKS & RECREATION	FREQUENTLY CALLED NU	MBERS
PARKS & RECREATION MAIN OFFICE	#1 SOUTH 7TH	573-874-7460
RECREATION HOTLINE/CANCELLATIONS		573-874-7663
NON-EMERGENCY - RANGER		573-442-6131
ACTIVITY & RECREATION CENTER (ARC)	1701 W. ASH	573-874-7700
PARK MANAGEMENT CENTER	1507 BUSINESS LOOP W.	573-874-7201
HILLCREST COMMUNITY CENTER	1907 HILLCREST DR.	573-874-7475
ARMORY SPORTS CENTER	701 E. ASH	573-817-5077
CARE	701 E. ASH	573-874-6300
COMMUNITY RECREATION	701 E. ASH	573-874-6378
PAQUIN TOWER/ADAPTIVE RECREATION	1201 PAQUIN ST.	573-554-7042
PERMITS, LEAGUES AND SHELTER RESERVATIONS	#1 SOUTH 7TH	573-874-7460
RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK	1615 BUSINESS LOOP 70	573-449-1925
SPECIAL OLYMPICS	1701 W. ASH	573-874-7312
LIFE ENRICHMENT CLASSES	1907 HILLCREST DR.	573-874-7636
50+	1907 HILLCREST DR.	573-874-7475
ALBERT-OAKLAND FAMILY AQUATIC CENTER	1900 BLUE RIDGE RD.	573-474-5331
ARC INDOOR POOL	1701 W. ASH	573-874-7700
DOUGLASS FAMILY AQUATIC CENTER	400 N. PROVIDENCE RD.	573-442-5019
HICKMAN POOL (INDOOR POOL)	1104 N. PROVIDENCE RD.	573-874-7476
LAKE OF THE WOODS POOL	6700 E. ST. CHARLES RD.	573-474-7878
L.A. NICKELL GOLF COURSE	1800 PARKSIDE DR.	573-499-GOLF
LAKE OF THE WOODS GOLF COURSE	6700 E. ST. CHARLES RD.	573-499-GOLF



Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3500 acres of parkland, 60 miles of trails, and 75 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson. Non-emergency number is 573-442-6131; call 911 for emergencies.

:::::: Contents :::::	
GENERAL INFORMATION	6
Shelter reservations, Refund policy, Financial assistance	
ARC	7
Hours, Rates, Membership, Room rentals, Birthdays	
ADAPTED	10
Special Olympics	
AQUATICS	10
Pool Hours and Facilities, Swimming lessons, ARC Water Zone	
ARTS, CRAFTS AND LEISURE	20
Clay for Kids, Intro to Voiceovers, more	
BICYCLE PROGRAMS	21
Education and Activities	
CARE	22
Program services	
COMPUTERS	24
Open Computer Lab	
DANCE, CHEERLEADING AND TUMBLING	24
Dance Camps and Tappercise	
FENCING AND MARTIAL ARTS	25
Tae Kwon Do, Karate, Foil Fencing, more	
FIFTY PLUS	27
Mah Jongg, Osher, more	
FITNESS AND EXERCISE	28
Personal training, ARC class schedule, more	
FUN FOR LITTLE ONES (PRESCHOOL)	32
Activities and crafts, Little Gymmers, more	
GAMING	32
King of the Mountain	
GOLF	33
Facilities, Fees, Family Night, Lessons, more	
SELF-IMPROVEMENT	35
Professional Development Aid	
SPORTS	35
Softball, Kickball, more	
SUMMER CAMPS / AFTER SCHOOL	42
Camp CoMo Kidz, Armory Summer Camp, Camp Slime, more	
TRAIL ENDURANCE RUNS	44
Bear Creek Run Training Group, Bear Creek Run	
SPECIAL EVENTS	44
SPLAT! Yappy Hour, Family Fun Fests, Outdoor Movies, more	
CALENDAR	52

Rental & Program Facilities

CoMo.gov (search: Rentals)

Activity & Recreation Center (ARC)

1701 W. Ash St. • 573-874-7700, see page 9

Armory Sports and Community Center

701 E. Ash St. • 573-817-5077

Community Recreation programs, the CARE Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

Douglass Park Amphitheater

400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 573-874-7460 \$50 per day.

Hillcrest Community Center/Moss Building 1905/1907 Hillcrest Dr. • 573-874-7475

Moss rental available for groups of 100 people or less, \$38 per hour plus \$200 deposit. Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou.

Maplewood Barn

2900 E. Nifong • Call 573-874-7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 573-874-7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$40 for building, Garden rental via special use permit, \$100 deposit.

Paguin Tower

1201 Paquin St., Ste. 102 • 573-874-7473

Programs suspended.

Riechmann Indoor Pavilion at Stephens Lake Park 2300 E. Walnut • 573-874-7460

For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, \$300; Monday-Thursday, 8a-11p, \$400; Fri, Sun, 8a-11p, \$595. Sat/Holidays \$650. Deposit \$200.

Rock Quarry Park House

2002 Grindstone Parkway • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.

Stephens Lake Amphitheater

100 Old 63N • 573-874-7460

Call for information or to rent.

Waters House

2104 Hillcrest Dr. • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.

General Information

SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$45, \$60 or \$70 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 5 for other facility rentals. Cosmo Park and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p.

RETURNED CHECK FEE

The City of Columbia will assess a \$25 service charge for every check or EFT returned for insufficient funds.

FEE PAYMENT

Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

CLASS REFUND POLICY

- 1. Refund at the request of the participant:
 - a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a \$5 administrative fee per participant. No refunds will be given for \$5 or less.
 - b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
 - If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
 - A physician's statement of the illness and dates is presented.
 - The request is received no later than 7 days after seeking treatment.
 - A full refund will be granted if the request is received prior to the start of class.
 - iv. A pro-rated refund will be granted for the classes missed due to the illness.
- 2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

GIFT CARDS

Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 874-7460 to purchase a gift card with a credit card.

PHOTOGRAPHY

Frequently the City of Columbia takes photos or video of people enjoying facilities and programs. These photos are for promotional and marketing materials. They are used at the city's discretion and become its sole property.

YOUTH FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA's free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally \$37.50) can be obtained for either \$7.50 or \$15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available on-line at www.CoMo.gov. All applications must include proof of income and residency and should be turned in at the downtown office.

ADULT FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for adults who are 18 and over and live in the City of Columbia. The guidelines are similar to the youth program. Eligible participants receive a discounted 20-pass card to the ARC with the possibility of upgrading it to an annual pass based upon usage.

YOUTH RECREATION SCHOLARSHIPS

Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

PICNIC PACKS

Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-come, first-served. Cost is \$10 with \$20 deposit.

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)

Activity & Recreation Center



Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. All pass holders (Annual, Multiple, & Daily) will have access to the indoor leisure pool, gymnasium, indoor track, cardio/strength training zones, and changing rooms at no additional charge. Pass holders will also have access to a variety of group exercise classes such as step, Zumba and/or body conditioning, as well as basic aquatic fitness classes. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

Daily	\$3.75
Multiple Pass (20)	\$56.25
Annual Pass	
Monthly Installment*	\$19.50
30 Day Pass	\$25.50
After School 3pm-6pm daily	\$2.75

^{*}This option is only available with monthly electronic funds transfer (EFT). No contract but requires 30 day written notice to cancel.

ADULT ADMISSION - AGES 18-59

Daily	\$6.00
Multiple Pass (20)	
Annual Pass	
Monthly Installment*	
30 Day Pass	
Adult plus one Annual+	
Adult plus one Monthly*+	
Adult plus one 30 Day Pass+	\$54.50
*This option is only available with monthly electronic funds tr	

No contract but requires 30 day written notice to cancel.

**Second person can be another adult, senior or youth senior.

FAMILY ADMISSION - UP TO 5 PERSONS**

Daily (up to 5 persons)	\$15.25
Additional Dependent Family Member (ADFM)	\$2.00 ea
Annual Pass+	\$574.00
Annual Pass ADFM	\$28.75 ea
Monthly Installment*+	\$52.75*
Monthly ADFM	\$2.75 ea
30 Day Pass+	
*This option is only available with monthly electronic f	unds transfer (EFT).

^{*}This option is only available with monthly electronic funds transfer (EFT). No contract but requires 30 day written notice to cancel.

SENIOR ADMISSION - AGES 60 & OVER

Daily	\$3.75
Multiple Pass (20)	\$56.25
Annual Pass	
Monthly Installment*	\$22.50*
30 Day Pass	\$28.50
Annual Senior Couple+	\$292.50
Couple Monthly Installment*+	\$29.25
30 Day Couple Pass+	
*This option is only available with monthly electronic funds tran	
No contract but requires 30 day written notice to cancel.	, (,-

^{**}A family group is defined as a max of two adults and up to three children or dependents residing at one residence. "Dependent" has the same meaning as "dependent" under federal income tax law.

GROUP RATES

Special rates are available for groups of 20 or more. Please call at least two weeks in advance to make a reservation.

MONTHLY PAYMENT OPTION

Economical monthly payments can only be made through an electronic funds transfer (EFT) from your checking or savings account. Withdrawals will be made on the 15th of the month. Your membership will continue until you notify us in writing. Monthly auto-debit memberships can be canceled with written notice. Cancellations must be received by the last day of the month to avoid another payment. A 30-day pass is also available.

FINANCIAL ASSISTANCE

Columbia Parks and Recreation Department has a financial assistance program to enable Columbia youth and adults who qualify for financial assistance to participate in our programs.

YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 8 for details. 12-13 year old Youth Fitness orientation for upstairs access.

MEMBERSHIP ELIGIBILITY

Everyone is eligible for membership at the ARC, including those residing outside of the Columbia city limits, at the same economical prices.

HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call (573) 874-7700 and we will send you a membership application.

AMENITIES

- ✓ Cardio/Strength Training Zones
- ✓ Gymnasiums
- ✓ Indoor Walking/Jogging Track
- ✓ Meeting Rooms and Classroom
- ✓ Triple Loop Water Slide, Lazy River & Vortex
- ✓ Zero Depth Entry/Water Play Features
- ✓ Group Exercise Room
- ✓ Hvdro Therapy Pool
- ✓ Kid Zone-Stay & Play Area for Children
- ✓ Spinning Room
- ✓ Youth Training Room

ARC HOURS OF OPERATION

MONDAY-FRIDAY: 5:30a-9:30p | SATURDAY: 7a-6p | SUNDAY: 9a-6p

HOLIDAY HOURS

MEMORIAL DAY: May 31 - 9a-3p 4TH OF JULY: 9a-3p FOR REGULAR & HOLIDAY POOL HOURS, PAGE 10

⁺All multiple person memberships require that the members reside at the same household address.



Activity & Recreation Center

WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

KID ZONE CHILD CARE

The Kid Zone, an on-site babysitting service, is available for children ages 6 months to 10 years of age so that parents or guardians will have the opportunity to enjoy the services and programs offered at the ARC. There is a maximum two hour visit per child. The parent or guardian must remain in the facility while the child is utilizing this service. An outdoor play area will be available on nice days.

HOURS OF OPERATION

Monday - Fi	riday 8a	am-12pm & 4-8pm
Saturday	-	8am-12pm

FEES

Annual Passholder

\$2.25 per child
\$40.00 for 20 visits
, , , , , , , , , , , , , , , , , , , ,
\$3.00 per child

MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.

First Child	\$20/month
Subsequent Children	\$10/month

MEETING ROOMS

The ARC has 2600 square feet of multipurpose space that is equipped with two retractable walls. This will allow us to divide the room into several configurations. These rooms are available for rent and are ideal for business meetings, banquets, wedding receptions and other special events.

DAILY LOCKERS

Lockers are available for daily use only. Users must remove their lock and belongings daily. At the daily closing of the ARC, all locks and belongings will be removed and placed in lost and found. Locks are available for rent at the Guest Services Desk.

YOUTH TRAINING ROOM

Four Olympic platforms, circuit, dumbbells, squat stations, jerk boxes/pull boxes, and cardio equipment. Adults may utilize for Olympic weightlifting or power lifting.



THE ARC RECOMMENDS leaving all valuables at home. However, if you bring valuables, we suggest utilizing a locker to store your items safely. The ARC is not responsible for lost or stolen items.

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. See our youth fitness orientation for ages 12-13.

WALKING/JOGGING TRACK

Walkers and joggers alike will benefit from the rubberized track as it winds through the gym, cardio/strength training zones and Water Zone. 6 1/2 laps = one mile.

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate both basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

ARC PRACTICE COURT RENTALS

Courts available for rent on Sundays after 6pm. Full payment due at time of reservation. Fee is non-refundable. Transfers must be requested at least 14 days in advance of original reservation.

RENTAL RATES:

Full Court ~ \$75 for a 1 ½ hour rental; 6p-7:30p or 7:45p-9:15p **Half Court** ~ \$40 for a 1 ½ hour rental; 6p-7:30p or 7:45p-9:15p

RENTAL GUIDELINES:

All Rentals

✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.

Basketball

- ✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental.
- ✓ No dunking allowed.

Baseball/Softball

- ✓ Teams must reserve a full court and must utilize trainer or total control balls; no hardballs permitted or drills utilizing the walls.
- ✓ Hitting must be done in net.

Soccer

✓ Space is available for conditioning and foot drills; no full on kicks permitted or drills utilizing the walls.

Pickleball

- ✓ Teams reserving a full court will have space for 3 nets; provided by ARC.
- ✓ Half court rental will allow 1 net.

Volleyball

✓ Teams must reserve a full court; one net provided by ARC

Activity & Recreation Center



GYMNASIUM SCHEDULE

During the COVID-19 pandemic, the ARC gym is available by reservation only, for pickleball, basketball and volleyball. No drop-in play allowed. Time slots are for 55 minutes. Check our web site for more detailed information, as this is likely to change frequently as COVID restrictions change.

Reservation Process

- You must make your reservation by calling 573-874-7700 or stopping by the ARC front desk.
- Reservations can be made for one week at a time with a max of two reservations per person, per week.
- Individuals making the reservation must identify who will be joining them; name and contact information. NO spectators.

Check-In Process

- All players must check-in at the front desk prior to heading to the gym.
- Youth 11 years of age or older must show a picture I.D. to check-in for a court reservation.
- If a participant is under the age of 11, he/she must have someone age 16 or older with them from the same household in order to play.
- · No reservation, no admittance.

GENERAL POLICIES

- 1. The ARC is a controlled access facility.
- 2. Alcohol, smoking or tobacco use in any form is prohibited.
- 3. Food and beverages are permitted in lobby and meeting rooms. Glass and metal containers are prohibited. No food may be brought into the facility.
- 4. Spitting is prohibited, including water fountains.
- 5. Abusive or foul language is strictly prohibited. These actions may result in immediate expulsion and/or loss of future privileges.
- 6. Anyone using physical force towards another patron or employee will be suspended for a minimum of one year.
- 7. Horseplay is not permitted.
- 8. Shirts and shoes must be worn at all times in the facility (except in pool).
- 9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
- 10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
- 11. Personal music devices are only allowed when used with headphones.
- 12. Bicycles, skateboards and in-line skates are prohibited.
- 13. Animals in the facility are restricted to guide dogs only.
- 14. The ARC is not responsible for lost or stolen items.

ARC REFUND POLICY

ARC MEMBERSHIPS

There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 6 for refund policy.

FACILITY RENTALS - Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

ROOM RENTALS

Applications - Facility rental applications must be completed and submitted two weeks prior to the event. Applications are available at the ARC Guest Services Desk and the City of Columbia Web site. Applications are accepted on a first come, first-served basis. Reservations will be considered up to one year in advance. Anyone age 21 or older may request a facility rental. In order to reserve a room, renter must pay the rental fee in full.

ROOMS/COURTS

Meeting Room 1/3	\$25 per hour
Meeting Room 2/3	\$50 per hour
Meeting Room Full	\$75 per hour
Classroom	\$22 per hour
Group Exercise Room	\$32 per hour
Water Zone Raindrop Room (M, W, F)	\$37 per rental
Water Zone Typhoon Room (M, W, F)	\$50 per rental

WATER ZONE (INDOOR POOL)2 HOUF	R MINIMUM
1-100 People	\$140 per hour
101-150 People	\$185 per hour
151-200 People	\$235 per hour
201-250 People	\$345 per hour
251-300 People	\$445 per hour

FACILITY "LOCK-IN" (8 HOURS)

Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES	10pm-6am
FEES	·
1-100 People	\$1000
101-500 People	
(each person over 100 will be assessed this fee)	

WATER ZONE BIRTHDAY PARTIES, PAGE 14





Adapted Recreation | Adapted Sports

ADAPTED COMMUNITY RECREATION

Programs offered at Paquin Tower are suspended due to the COVID-19 pandemic.

ADAPTED SPORTS PROGRAMS

Due to the ongoing COVID-19 pandemic, adapted programs dates, times, and locations are subject to change.

The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however **competing is not required for participation**. Each sport has a level for any and all levels of participation from learning the very basics to fine tuning preexisting skills. Prior experience or knowledge is not necessary. When you register, please be sure that your athlete has a current **Special Olympics specific physical and release form and the most up-to-date contact information**. Please contact 573-874-7312 if you have any questions or require listed forms.

ADAPTED VOLLEYBALL

Registration deadline when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned closer to time of first practice.

Location: West Middle School or ARC

Activity #	Date	Time	Age	Price
315611-03	W: Apr 7-May 19	6-7 pm	8+	\$17.50

ADAPTED TRACK AND FIELD

Registration deadline when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned closer to time of first practice.

Location: West Middle School

Activity #	Date	Time	Age	Price
315612-01	Th: Apr 8-May 20	5:30-6:30 pm	8+	\$17.50

ADAPTED SOFTBALL

Individuals with special needs can learn the skills necessary to play the game of softball. Team assignments and practice day will be assigned after the close of registration. Registration deadline is when maximum participants reached.

Location: Softball Field @ Again Street Park

Activity #	Date	Time	Age	Price
315602-01	M.Tu: lun 21-Sept 21	6-8 pm	8+	\$17.50

ADAPTED GOLF

This golf program is designed for individuals with special needs. A current physical and release form are required. New athletes must schedule a new athlete meeting prior to competing. Registration deadline is May 6 or when maximum participants is reached.

Location: L.A. Nickell Golf Course

Activity #	Date	Time	Age	Price
315604-01	Th: Jul 15-Sept 22	6-8 pm	8+	\$17.50

ADAPTED BOCCE

Adapted athletes will learn and compete in the game of Bocce. Registration deadline when maximum participation is reached. *Location: Cosmo Park*

	Date			
315607-01	W: Jul 21-Sept 22	6-7 pm	8+	\$17.50

ADAPTED TENNIS

Join other special needs athletes in learning and playing the game of tennis. Emphasis will be placed on learning specific skills necessary to be successful in the game. Registration deadline when maximum participation is reached.

Location: Tennis Court @ Cosmo Park

Activity #	Date	Time	Age	Price
315601-01	W: Jul 21-Sep 22	6-7 pm	8+	\$17.50

AQUATIC FACILITIES - - - - - -



AQUATIC FACILITIES

All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

• Indoor Facility • Heated Water • Zero Depth Entry • Water Play Feature • Triple Loop Water Slide • Lazy River • Vortex • Hydro Therapy Pool • Lap Lanes • Swim Instruction • Recreational Swim • Water Fitness • Concession Area

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331

• Outdoor Facility • Diving Boards • 50 Meter Pool • Children's Water Play Area with Water Sprinklers and a Water Slide • Double Loop Enclosed Flume Water Slide • Recreational Swim • Shade Umbrellas • Large Deck with Lounge Chairs • Concession Stand • Water Fitness • Swim Instruction

DOUGLASS FAMILY AQUATIC AND SPRAYGROUND

Douglass Park, 400 N. Providence Road, 442-5019

Spraygrounds open Memorial Day to Labor Day

- Outdoor Facility Double Loop Water Slide Rock Climbing Wall Recreational Swim
- UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground Shaded Shelter Concession Area

FLAT BRANCH SPRAYGROUND

Flat Branch Park, 400 Locust St.

Open Memorial Day to Labor Day

UNGUARDED Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public



HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 874-7476

• Indoor Facility • Swim Instruction • Heated Water • Lifeguard Instruction

LAKE OF THE WOODS POOL

Lake of the Woods Recreation Area, 6700 St. Charles Road, 474-7878

•Outdoor Facility • Water Slide • Shade Umbrellas • Recreational Swim • Country Club Setting • Surrounded by the Golf Course • Concession Stand in Clubhouse

STEPHENS LAKE & SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway. Open May 1-Sept 30

UNGUARDED Swimming Beach • Free to the Public • Swimming in Designated Beach Area

• Fishing / Boating (non-motorized) Area • Boardwalk with Shelter • Restrooms

Open Memorial Day to Labor Day • **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

SWIM HOTLINE

Call 874-7663 for updated facility closings and openings.

STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a "Lifeguards in Training" sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.

INCLEMENT WEATHER POLICY

Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

SWIM ATTIRE

Any individual wearing street clothes will not be allowed admission into the facility unless they are the parent or guardian of a child 10 years and younger. Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate swim attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please bring any items to the ARC. Thank you!

RECREATION SWIM FEES

ALBERT-OAKLAND FAMILY AQUATIC CENTER

AGE	SINGLE ADM	Coupon Books (10)	(20)
1 & under	FREE		
2-15	\$2.50	\$22	\$40
Adults (16+)	\$3.50	\$31	\$56
	LAKE	OF THE WOODS	
1 & under	FREE		
2-15	\$2.00	\$15.75	\$30.00
Adults (16+)	\$3.25	\$27.00	\$48.75
Note: Coup	on books may b	e purchased at each facility.	

DOUGLASS FAMILY AOUATIC CENTER

1 & under, FREE ~ 2 yrs & older, \$1.50

OUTDOOR AQUATIC SEASON PASS

Pass Type	Price	Before 4/30/20					
Family Season Pass*	\$165	\$30 off					
Adult Season Pass	\$86	\$10 off					
Youth Season Pass	\$52	\$10 off					
*Family defined as maximum of two adults and up to three depen-							
dents living at same residence. \$10 for additional children only.							

A WORD TO PARENTS

Our staff of trained lifeguards strives to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. **The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening.** Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

DIAPER POLICY

- -Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- -Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- -Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- -Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- -Adults should ask their children to refrain from drinking the pool water.
- -If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**



FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- -We recommend U.S. Coast Guard approved devices only.
- -Children 10 and under may only use when adult (16 or older) is supervising the child.
- -The size of the flotation devices may be restricted by aquatic staff.
- -Water wings or arm floaters are strongly discouraged for use as flotation devices.

AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a twohour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling 874-7700. All arrangements must be made a minimum of two weeks in advance and payment due at time of reservation. Open invitations to private aquatic rentals are not allowed to be posted on social media.

RENTAL RATES

ARC		. :	Se	e.	AR	C	Wa	ite	r	Zo	n	e	ra	te	es,	, ŗ	oa	ge 14
Albert-Oakland Family Aquatic Center																		
Without Water Play Area																		\$168
Water Play Area only																		. \$99
Douglass Family Aquatic Center																		
Hickman Pool																		\$168
Lake of the Woods Pool																		\$117
-These rentals are for groups of 50 or	٠ او	es	s.	E	ac	h	ad	dit	io	na	al	р	er	SC	n	C	0	unted
over 50 is \$1 each. Every one attending	g is	S (CO	ur	nte	d,	ev	en	if	tł	ne	y	d	0	nc	t	S١	vim.
-Rental fees are non-refundable. A res	ser	٧	ati	or	ı c	an	b	e t	ra	ns	fe	eri	re	d	to	ì	an	other
date up to 14 days prior to the schedul	ed	r	es	er	va	tic	n.											

All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities: please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

BIRTHDAY PARTY SPECIALS

- 1. Birthday parties are held at the ARC Water Zone and Lake of the Woods Pool. For ARC party packages see page 14. Lake of the Woods parties are available for children 12 and under during public recreation swim times. The party fees below apply.
- 2. Reservations must be made a minimum of two weeks in advance.
- 3. Reservations can **only be made** by calling the ARC at 874-7700
- 4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a Master Card or Visa.
- 5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees

Pool admission for each attendee plus any of the following:

Tables: \$7 per hour per table Pizza: \$9 per large pizza

Drinks: \$3.75 per 10 pack of Kool-aid Jammers

NOTE Parties may order as many pizzas and as much Kool-aid as desired for the number of attendees. Cake, ice cream, cookies or other party treats may be brought into the facility when a party is booked.

FATHER'S DAY SPECIAL

June 20, All outdoor pools, all day

Dads, get FREE admission at all City outdoor pools with the purchase of a child's admission! Valid on Father's Day only.

LIFEGUARDS enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. PARENTS are ultimately responsible for the safety of their children!

REFUND POLICY

For information on the refund policy please see the General Information section, page 6.

EVENING SPECIAL SWIM

June 17, July 8, July 22 5:30-7:30pm

Albert-Oakland Family Aquatic Center will have an evening swim session.

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

Fax to Columbia Parks and Recreation 5. Fax-in:

(573) 874-7640. (Form Online)



:::::::: FACILITY HOURS :::::::::								
ARC WATER ZONE	ALBERT- OAKLAND FAMILY AQUATIC CENTER (maximum 250)	HICKMAN POOL	DOUGLASS FAMILY AQUATIC CENTER (maximum 75)					
MAY	MAY	MAY	MAY	MAY				
See ARC section, pg. ?	OPEN May 29, 30, 31 Two sessions daily, Session 1: 12-2 pm Session 2: 2:30-4:30 pm	CLOSED	CLOSED	CLOSED				
JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY				
See ARC section, pg. 16 The Water Zone will be closed July 25-Aug 2	OPEN FOR SEASON June 8 Two sessions daily, Tues-Sun Session 1: 12-2 pm Session 2: 2:30-4:30 pm Closed Mondays for deep cleaning	LESSONS ONLY See pg. 17	OPEN FOR SEASON June 8 Two sessions daily, Tues-Sun Session 1: 12-2 pm Session 2: 2:30-4:30 pm Closed Mondays for deep cleaning	OPEN FOR SEASON June 8 Tues-Sun 12-5 pm Closed Mondays for deep cleaning				
AUGUST	AUGUST	AUGUST	AUGUST	AUGUST				
See ARC section, pg. 15	Two sessions daily, Tues-Sun Session 1: 12-2 pm Session 2: 2:30-4:30 pm Closed Mondays for deep cleaning Last Weekday: Aug 6 Open Aug 7, 8, 14, 15, 21, 22, 28, 29 Closed Aug 9-13, 16-20, 23-27, 30-31	CLOSED	Tues-Sun 12-5 pm Last Day: Aug 8 Closed Mondays for deep cleaning	Tues-Sun 12-5 pm Last Day: Aug 8 Closed Mondays for deep cleaning				
SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER				
See August issue of Leisure Times	Closed Sept 1-3 Open Sept 4,5,6 Session 1: 12-2 pm Session 2: 2:30-4:30 pm After Labor Day CLOSED FOR SEASON	See August issue of Leisure Times	CLOSED FOR SEASON					

NOTE

All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.



WATER ZONE BIRTHDAY PARTY PACKAGES

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a Master Card or Visa. More information will be located on the back of the party contract.



ALL PACKAGES INCLUDE:

- 2 hours in party room
- · Pizza or hotdogs & chips, additional pizza may be purchased
- Kool-aid
- Daily admission for the number of guests specified in the package
- Souvenir party t-shirt for the birthday child
- Wrist bands to enter the facility
- Free birthday invitations to all party participants with free guest pass for future ARC visit
- Party attendant will deliver food and drink
- · Guest may stay and enjoy the ARC after your party room time is over

ROOM TIMES

Mon	12:30-2:30 pm*, 5-7pm
Fri	12-2:30 pm
Sat	12:30-2:30 pm
Sun	12:30-2:30 pm

Parties are only available during Rec swim times.

*Available when school is not in session or on early release days

RECEIVE \$25 OFF YOUR PACKAGE COST WHEN YOU HAVE YOUR PARTY ON MONDAY OR WEDNESDAY! WATER ZONE ROOM RENTAL

DELUXE PACKAGE

Participants: up to 25

Cost: Member \$172.50

Food: 5 pizzas or hotdogs & chips

Nonmember \$201.25

Room: Typhoon

BASIC PACKAGE

Room: Typhoon Participants: 15 max Food: 4 pizzas or hotdogs & chips Cost: Member \$143.75

Cost: Member \$143.75 Nonmember \$172.50

*All adults and children attending the party will be counted.

Available Mon, Wed, or Fri 1:30-3:30* pm; 6:30-8:30 pm

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. See page 9 for fees.

RoomTyphoonMaximum Capacity55 persons2-Hour Room Rental\$50

Extra pizza cost \$9

- T-Shirt cost \$6
- Admission to the ARC is REQUIRED for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 9. *Available when school is not in session or on early release day

ARC WATER ZONE



HOLIDAY HOURS

May 31 11 am-12 pm Lap Swimming 12-2:30 pm Rec Swim July 4 11 am-12 pm Lap Swimming 12-2:30 pm Rec Swim

REC SWIM

Try three story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool.

WATER AEROBICS CLASS

This program uses the buoyant qualities of water to enhance physical fitness through exercises. It can be low-, medium- or high-impact, designed to provide cardiovascular conditioning, improve muscle tone and improve balance. It is a total body workout without the stress of land-based exercise.

MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.

LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Daycare providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be a companied by an adult (16 or older).

Mon – Thurs 11 am – 12 pm \$1 for all participants/ ARC members are free

DAYCARE SWIM

Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you. **Reservations and twoweek notice required.**

Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 and under with adult supervision (16 years and older).

Tues & Thurs 10–11 am

\$1 for all participants



:::: ARC WATER ZONE SCHEDULE JANUARY 29 - JUNE 5* ::::

SUN	MON/WED	TU/THU	FRI	SAT			
	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC Closed			
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	Water Aerobics 7:10-8a			
ARC Closed	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8:10-9a			
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Lap/Spa/Walk 9am - 5:30pm*			
	Moving My Joints 10-10:50a	Lap/Spa/Walk*** 10a-1:30p	Moving My Joints 10-10:50a				
Lap/Spa/Walk	Little Swimmers 11a-12p	Little Swimmers 11a-12p	Lap/Spa/Walk				
9am-12p	Lap/Spa/Walk 11a-1:30p	Water Zone Closed 1:30-3p	11a-1:30p				
	Water Zone Closed 1:30-3p Spa will be closed	Lap/Spa/Walk 3-5:25p	Water Zone Closed 1:30-3p				
Rec Swim 12-5:30p	1:30-6p for Maintenance every Wed	Water Aerobics 5:30-6:20p	Lap/Spa/Walk	Rec Swim 12-5:30 pm			
	Lap/Spa/Walk 3-5p	5.50-6.2υμ	3-5p				
	Rec Swim 5-7:30p (Monday Only)	Lap/Spa/Walk	Rec Swim				
WATER ZONE CLOSED	Lap/Spa/Walk 7:30-9p	6:30-9p	5-9p				

^{*} Due to School Rentals, the Water Zone schedule may vary a few days during April / May.

**Lap/Spa/Walk is available when lessons are NOT in session.

Please call or look for special notices posted at the facility.



:::: ARC WATER ZONE SCHEDULE JUNE 6 - AUGUST 8 ::::

SUN	MON/WED	TU/THU	FRI	SAT	
	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC Closed	
ARC Closed	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	Water Aerobics 7:10-8a	
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8:10-9a	
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Swimming Lessons 9:10-9:55a*	
	Moving My Joints 10-10:50a	Lap/Spa/Walk*** 10a-12p	Moving My Joints 10-10:50a		
, (G , NA II	Little Swimmers 11a-12p	Little Swimmers 11a-12p		Swimming Lessons 10:10-10:55a*	
Lap/Spa/Walk 9am-12p	Lap/Spa/Walk 11a-12p	Rec Swim 12-5:15p	Lap/Spa/Walk 11a-12p		
Rec Swim	Rec Swim 12-9p (Monday Only)	Water Aerobics 5:30-6:20p		Swimming Lessons 11:10 - 11:55a**	
12-5:30p	12-5:15p (Wednesday Only)				
WATER ZONE CLOSED	**Spa will be closed 1:30-6p for Maintenance every Wed**	Lap/Spa/Walk 6:30-9p	Rec Swim 12-9p	Rec Swim 12-5:30 pm	

^{*} Lap/Spa/Walk is available except when lessons are in session

-Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.

Classes listed in **STADED BOX** require an additional fee.

-Spa will be open when activities are scheduled in the pool except private rentals.

-Lap Swim is available during all Rec Swim times.

-Spa Maintenance will occur each Wednesday.

All Water Fitness classes, except specialty classes, are included with ARC Annual Memberships.

Water Fitness classes are geared for 16 years and older to participate.

Youth and Teen Aquatics



COLUMBIA PARKS & RECREATION

LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460). **Registration ends at noon on the Thursday prior to the session.** After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.

LEARN TO SWIM

Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly. *Location: ARC, Albert-Oakland or Hickman Pool, see below*

,	,	,			
Activity #	Date	Time	Place	Age	Price
316900-31	Sa: Apr 10-May 8	9-9:45 am	ARC	3-15	\$52
316900-32	Sa: Apr 10-May 8	10-10:45 am	ARC	3-15	\$52
316900-33	Sa: Apr 10-May 8	11-11:45 am	ARC	3-15	\$52
316900-20	M-Th: Jun 14-Jun 24	10-10:45 am	HICK	3-15	\$52
316900-21	M-Th: Jun 14-Jun 24	5:30-6:15 pm	HICK	3-15	\$52
316900-22	M-Th: Jun 14-Jun 24	6:30-7:15 pm	HICK	3-15	\$52
316900-23	M-Th: Jul 12-Jul 22	11-11:45 am	HICK	3-15	\$52
316900-24	M-Th: Jul 12-Jul 22	5:30-6:15 pm	HICK	3-15	\$52
316900-25	M-Th: Jul 12-Jul 22	6:30- 7:15 pm	HICK	3-15	\$52
316900-26	M-Th: July 26-Aug 5	10-10:45 am	AOFAC	3-15	\$52
316900-27	M-Th: July 26-Aug 5	11-11:45 am	AOFAC	3-15	\$52
316900-28	Sa: July 10-31	9-9:45 am	ARC	3-15	\$52
316900-29	Sa: July 10-31	10-10:45 am	ARC	3-15	\$52
316900-30	Sa: July 10-31	11-11:45 am	ARC	3-15	\$52

LEARN TO SWIM COURSE DESCRIPTIONS MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEVELS	REQUIREMENTS	SKILLS TAUGHT	
LEARN TO SWIM (Level One) STARFISH	None. The objective of Level 1 is to help students feel comfortable in the water.	Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.	
LEARN TO SWIM (Level Two A) CLOWNFISH	Passed Level One or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.	
LEARN TO SWIM (Level Two B) BLUEFISH	Passed Level Two A or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.	
LEARN TO SWIM (Level Three) SEA TURTLES	Passed Level Two B or demonstrate equivalent skills.	Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.	
LEARN TO SWIM (Level Four) STINGRAYS	Passed Level Three or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.	
LEARN TO SWIM (Level Five) DOLPHINS	Passed Level Four or demonstrate equivalent skills.	Coordination and refinement of strokes; increase distances; flip turns.	
LEARN TO SWIM (Level Six) SHARKS	Passed Level Five or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.	
PRIVATE SWIM LESSONS	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Price \$96		
SEMI-PRIVATE SWIM LESSONS	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons.) Price \$125		



ARE WE GOING TO HAVE CLASS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC or lessons missed for personal reasons. Refund Policy For information on the refund policy please see the General Information section, page 6.



DAY CARE SWIM LESSONS

Designed to provide a safe, enjoyable recreation experience for the day care groups that wish to come all at once. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316901-01	M-Th: Jun 14-Jun 24	9-9:45 am	3+	\$52
316901-02	M-Th: Jun 14-Jun 24	9-9:45 am	3+	\$52
316901-03	M-Th: Jul 12-Jul 22	11-11:45 am	3+	\$52
316901-04	M-Th: Jul 12-Jul 22	11-11:45 am	3+	\$52

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can

register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)

In the event of inclement weather, please call 874-7663. This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.



Youth and Teen Aquatics



ADAPTIVE SWIM

Designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format. Location: Hickman Indoor Pool @ Hickman High School

	Date			
316600-01	M-Th: Jun 14-Jun 24	7:30-8:15 pm	3+	\$52
316600-02	M-Th: Jul 12-Jul 22	7:30-8:15 pm	3+	\$52

PARENT & CHILD SWIM LESSONS

Infant/Toddler Swim Lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

Location: See below

	Date				
	M-Th: Jun 14-Jun 24				
316700-06	M-Th: Jul 12-Jul 22	6:30-7 pm	6 mos-3	\$47	

MAKE-UP DAYS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by Parks and Recreation staff. There are no make up days for the ARC or lessons missed for personal reasons.

COLUMBIA SWIM CLUB

The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@csctigersharks.org or visit http://www.csctigersharks.org/ for more information.

Five Ways to Register:

1.	Onl	ine:	Go to	WWW	$C \cap M$	lo gov
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2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can

register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)

STARGUARD LIFEGUARD TRAINING

Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously (front crawl or breast stroke), retrieve 10-pound object from 12 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class. Please pick up your book at the ARC front desk, 1701 West Ash Street, PRIOR TO class start date. You must also complete the online portion of the class BEFORE the first day of class. An online key code is included with your book.

*Price: Free for guards employed by Columbia Parks and Recreation, \$135 for other participants

**Class meets on Friday from 5p - 9pm, Saturday and Sunday from 8a - 5pm

Location: Pool @ Hickman High School

Activity #	Date	Time**	Age	Price*
301301-01	F-Su: Apr 9-Apr 11	8 am- 5 pm**	15+	\$135
301301-03	Tu-Th: May 25-27	9 am- 5 pm	15+	\$135
301301-04	Tu-Th: Jun 4-6	9 am- 5 pm**	15+	\$135

LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified life-guarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *The day of the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

Location: Water Zone @ ARC

		Time		
301302-01	Su: Mar 14	8 am- 5 pm	15+	\$100
301302-02	Su: Apr 18	8 am- 5 pm	15+	\$100



ADULT AQUATICS • • • • • • •



ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This personal setting allows you to learn at your own pace toward your personal goals. Your six half-hour sessions are set according to your schedule with your instructor at any of our six guarded facilities. Please call the ARC at 874-7700 to register.

Price: \$96

ADULT LAP SWIM ONLY

This is a time for adults (16 and older) to enjoy lap swimming or water walking outside in the fresh summer air at Albert-Oakland Family Aquatic Center. It does take place during Day Camp swimming.

Mon-Fri, June 7-Aug 6, 10:45-11:45 am

Price: \$1 for all participants

**Two lanes during Swim lessons will be reserved for Lap swimmers.

AOUA PERSONAL TRAINING

The personal training sessions in the water are tailored to meet your needs and abilities, then are increasingly intensified to meet your personal improvement. Qualified staff will help you reach your personal goal. Fill out an Aqua Personal Training form at the ARC front desk and we will help you set up a session.

Individual session	Member	Non-member
1 - 30-minute session	\$23	\$28
3 - 30-minute sessions	\$66	\$81
6 - 30-minutes sessions	\$120	\$150

DEEP WATER AEROBICS

This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Preregistration is required.

Location: Pool @ Hickman High School

M,W: Jul 12-Jul 28

Activity #	Date	Time	Age	Price			
301205-05	Tu,Th: Mar 9-Mar 25	5:30- 6:20 pm	16+	\$30			
301205-06	Tu,Th: Apr 6-Apr 22	5:30- 6:20 pm	16+	\$40			
301205-09	Tu,Th: May 4-13	5:30- 6:20 pm	16+	\$40			
Location: Albert-Oakland Family Aquatic Center							
Activity #	Date	Time	Age	Price			
301205-07	M,W: Jun 7-Jun 23	5:30- 6:20 pm	16+	\$40			

5:30-6:20 pm

16+

\$40

ARTS, CRAFTS & LEISURE • • • • • • •



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

CLASSES FOR TEENS AND ADULTS

NEW UNCONVENTIONAL DRAWING

Level up your drawing skills with unconventional methods such as egg inks, visual puns, and more! Class will meet once a week in April on Thursday evenings. Supplies will be included. Pre-registration required.

Location: Hillcrest Community Center

	Date			
302109-01	Th: Apr 8-29	5:30-7:30 pm	18+	\$40

ONE-ON-ONE INTRO TO VOICEOVERS

Explore the voiceover industry...discover trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. Learn more at www.voicesforall.com/ooo. Students must have Internet access and video chatting capabilities using a method such as Skype or iChat/Face Time. Pre-registration required. After you've registered, an instructor will contact you to set up class date and time.

	Date		
113142-01	Set up with instructor	18+	\$49

"REFLECTIONS" POETRY SOCIETY

Have something to say and want it heard? Join us to write, critique and hold discussion groups. No experience required except a desire to explore the written word as expression. Adults as well as teens are welcome. Please email Mary. Dewey@CoMo.gov for more information. Location: Main Floor Classroom @ Armory Sports Center

	Date		
Drop in	1st & 3rd Wednesdays	13+	Free

SILVER AND GOLD SENIORS CLUB

Join this mature adults group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, ceramics, quilting, pokeno, card games, arts and crafts, field trips, or movies, then join us! Call 874-6378 for information.

Location: Armory Sports Center

	Date			
Drop in	1st and 3rd Tues	2-4:30 pm	55 and up	Free

301205-08



BICYCLE PROGRAMS

ADULT AND YOUTH BICYCLE EDUCATION

Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon (573) 441-5495 or Janet.Godon@CoMo.gov.

COMO BIKE CO-OP

The CoMo Bike Co-op is a program and classroom facility located in the Armory Sports Center, 701 E Ash. Columbia Parks and Recreation manages year-round programming. **Mission Statement:** Increase transportation independence through bicycle ridership, especially among Columbia's most underserved individuals.

Free Walk-in Bicycle Repair

Bicycle mechanics and volunteers provide general bicycle maintenance and parts including but not limited to flat/brake repair, cable adjustments, and wheel truing. Repairs are limited to supplies and tools available at the time of the repair. Assistance is limited to one bicycle per person per session. Co-op staff and volunteers assist individuals who cycle out of necessity, and who do so with well-worn bicycles that are cheap, yet priceless.

Location: Armory Sports Center

HOURS: Open on Mondays, 2–6 pm (closed on holidays and hours are subject to change)

LEARN TO BICYCLE

Young or old, there's no better time than the present to learn to ride a bicycle. Youth and adult students will spend 50 minutes of intense, yet fun, instruction on two consecutive days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Schedule varies depending on instructor's availability.

Location: Twin Lakes Recreation Area or other park location

		Age	
318302-01	By appointment	5+	\$50

TEACH YOUR KIDS TO BICYCLE IN ONE EASY LESSON

The goal of teaching kids to ride is to help them learn the required skills of balancing, steering, pedaling and braking. If you're preparing to teach your child to ride a bicycle, then it's likely you'll have questions. Lucky for you, we're here to help! Parents are invited to join our certified League Cycling Instructor for a one-hour workshop for tips and techniques to have your child saying "WHEEEE!" in no time. *Location: ARC*

Activity #	Date	Time	Age	Price
318404-01	Su: May 16	2-3 pm	All	\$8

All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

BICYCLE TRAIL TOUR FOR TWO

Are you new to Columbia, or just to cycling, and want a personalized bicycle tour of how to get from point A to Z via CoMo trails? Grab a friend, a bicycle, and your helmets and we'll wheel you away on a customized one or two-hour bicycle tour highlighting trail access locations, amenities, and oh the places you can go by bike. Trailhead starting location and ride route will be determined by your needs. Registration includes a semi-private tour for up to two people. Beginner to intermediate cyclists should plan on a leisurely 8 - 10 miles per hour pace. After registering, allow for 7 - 10 days to accommodate instructor schedules. Details will be emailed to registered participants. All participants must arrive with a bicycle in good working condition as we will not have the means to provide on-site maintenance. Participants under 18 must be accompanied by an adult. We reserve the right to cancel based on forecasted weather or trail conditions.

Location: Columbia's trails

	Date		
318206-01	By appointment	14 +	\$45 per hour

NATIONAL TRAILS DAY

Saturday, June 5

Treasure Hunt - Find the Golden Hiking Shoe Version: CoMo 200

The American Hiking Society's National Trails Day® is the country's largest celebration of trails. We encourage you to venture out on a self-guided tour of Columbia's trail system by participating in a treasure hunt to find the Golden Hiking Boot. Columbia Parks and Recreation will post a riddle on our Facebook page and Twitter account on Saturday, June 5 at 9 am. This year's riddle will honor Columbia's rich history in celebration of CoMo200, commemorating the founding of the City of Columbia. Not a fan of social media? Listen to the clue by calling the recreation hotline at 573-874-7663 (ext. #4). Be the first to find the Golden Hiking Boot and you will receive a \$100 Columbia Parks and Recreation gift certificate. Claim the prize by calling 573- 441-5495.







Job Readiness Training + Paid Real-World Hands-On Work

Experience + Mentoring + Soft Skill Development + Career Exploration = Career Readiness

Columbia Parks and Recreation Department Located in the Armory Sports Center, 701 East Ash Street, 2nd Floor Columbia, MO 65201 (573) 874-6300 Tonia.Turner@CoMo.gov

CoMo.gov (search CARE program)

Like us on Facebook: City-of-Columbia-CARE-Program Follow us on Twitter: CareColumbiaMO "Investing in our Youth, Investing in our Future"

The City of Columbia's Career Awareness Related Experience (CARE) program's goal is for Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the CARE program has provided comprehensive services for Columbia's youth that include:

- · job readiness training
- · paid real-world hands-on work experience
- · mentoring
- · soft skill development*
- career exploration

*Soft skills, also known as people skills, are the personal characteristics that individuals have. Good soft skills will benefit workers no matter where they work or what they do. Supervisors usually consider soft skills to be more important than hard skills (the technical expertise and knowledge needed to do a certain job) in job applicants for entrylevel positions. They want new employees to have strong soft skills, and then they will teach them the hard skills.

The CARE program hires 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world handson work experience while getting paid. One hundred percent of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

CARE'S SUMMER PROGRAM

CARE's Summer Program offers a six-week program in which approximately 125 14- to 20-year-old trainees are hired at \$9.50 per hour to work up to 20 hours per week at local work sites.

Summer program applications are available December 1 through February 28; however, applicants are STRONGLY ENCOURAGED to apply online as early as possible. To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE Summer Trainee).

CARE/CITY UTILITIES INTERNSHIP

The CARE program is now offering a ten-week summer program in which approximately 20 16- to 20-year-old interns are hired at \$10.30 per hour to work up to 28 hours per week for one of the following areas:

- Sewer and Stormwater Engineering
- Sewer and Stormwater Maintenance
- Solid Waste Administration
- · Solid Waste Landfill
- Water & Light Electric Production
- Water & Light Electric Distribution
- Water & Light Engineering
- Water & Light Utility Services
- Water & Light Water Distribution
- Water & Light Water Production

Available positions include:

- Administration Intern
- Data Entry Intern
- Engineering Intern
- Grounds Maintenance Intern
- · Maintenance Mechanic Intern
- Operator Intern
- Sewer and Stormwater Intern

CARE/City Utilities Internship applications are available March 1 through April 15; however, applicants are STRONGLY ENCOURAGED to apply online as early as possible. To apply, visit: https://www.gocomojobs.com/postings/search (search for CARE/City Utilities Intern). For more information about the CARE/City Utilities Internship Program,

contact Ron Schmidt at Ron.Schmidt@CoMo.gov or (573) 874-6377.

Volunteers Needed (February through May)

Volunteers are needed in the Armory Sports Center, 701 E Ash, from February through May, Mondays through Fridays, from 9 a.m. to 4 p.m. for the following:

Answering telephones, greeting the public, assisting applicants with online applications (February and March only), scheduling interviews (February and March only), Co-interviewing (with another interviewer) and scoring interviews (interview questions, scoring tables, and training will be provided) (March only), assisting trainees with hiring paperwork (March and April only), assist staff with trainings (May only), assist staff with orientations (May only).

Volunteers must be at least 18 years old. They can work a minimum of a one-hour shift up to a seven-hour shift or anything in between. All necessary training and supervision/support will be provided. For more information, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or 573.874-6377.

Want to MAKE A DIFFERENCE while getting FREE Labor?



The City of Columbia's CARE program hires local teenagers and places them at area businesses, where they gain much needed real-world hands-on work experience while getting paid.

CARE depends on partnerships with area companies (work site partners) to provide the work sites for its trainees; however, 100% of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

Work site partners are investing in our future by investing in our youth, while at the same time receiving free labor. The youth trainees gain valuable employment experience and life skills while earning a paycheck. CARE is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

WHAT IS EXPECTED FROM CARE'S WORK SITES?

Work site supervisors are responsible for the:

- mentoring training explaining demonstrating
 monitoring daily supervising evaluating
- ...aspects of the paid real-world hands-on work experience.

Most importantly, you must be able to keep your trainees busy with quality "entry-level" work experiences/assignments and supervise them for up to 20 hours per week from late-June to early-August.

WHO DOES CARE HIRE?

The CARE program hires 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school. Teenagers face many barriers when joining the labor force, especially in Columbia, MO because of substantial competition from thousands of college students for the available entry-level jobs... but the CARE program can help break down those barriers!

CARE applicants are local teenagers who do not yet feel comfortable in applying for, interviewing for, and getting hired for their first, second, and/or sometimes third summer job. The majority of CARE's trainees are 14- and 15-year-olds. Most of them are ready to obtain their own employment after one or two summers in the CARE program.

BUT WHAT IF MY BUSINESS DOES NOT HIRE 14 OR 15 YEAR-OLDS?

That is okay because you do not "hire" them, the City does; therefore, they are full-fledged City of Columbia employees. They are not your "employees," as they are actually volunteers at your business. All employer responsibilities and liabilities, including workers' compensation, belong to the City of Columbia.

DO WE HAVE TO HIRE THEM AT THE END OF THE SUMMER?

No, you do not. However, nearly one third of CARE's trainees do such a good job they are offered continued employment from their work site's own budget after the program is over. In fact, several former trainees are still employed at their CARE work sites many years after their placements ended.

For more information regarding becoming a CARE summer work site partner, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or (573) 874-6377.





Computers | Dance, Cheerleading and Tumbling



OPEN COMPUTER LAB

For youth and adults. Do research, check your email, create documents, surf the Internet, and play online or offline games. Use is firstcome first-serve.

Location: Computer Lab @ Armory Sports Center

Activity #		Time		
Drop In	M-F	8a-2p	18+ \$5	\$1/use or /monthly pass

DANCE, CHEERLEADING & TUMBLING • • • •



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

CLASSES FOR PRESCHOOLERS

PRESCHOOL SUMMER DANCE CAMP

Learn very basic dance moves and a fun routine to perform in the all-camp dance show at the close of camp Friday. Don't miss this fun parent-child interactive camp! Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

	Date		
	M-F: Aug 9-13*		\$45
*Friday is sh	now only at 9am		



CLASSES FOR YOUTH

SUMMER DANCE AND CHEER CAMP

Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 9 am. Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

	Date		
	M-F: Aug 9-13*		\$99
*Friday is sl	now only at 9 am		

LITTLE BULLDOGS DANCE/CHEER

This group will learn and practice several dance and cheer routines. This is an excellent chance for your little one to make new friends and have fun. Pre-registration required due to limited space; COVID-19 guidelines will be enforced. Email Mary.Dewey@CoMo.gov if inter-

Location: Aerobic Room @ Armory Sports Center

	Date		
	W: Mar 3-May 19*	5-12	Free
* Skin 3/17	3/31		

CLASSES FOR TEENS AND ADULTS



TAPPERCISE

Tap for fun and exercise! Learn as you move with non-stop dancing or a workout that doesn't feel like exercise.

Instructor: Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

	Date			
	Tu: Mar 16-Apr 20			\$35
305209-02	Tu: Apr 27-Jun 1	5:30-6:15 pm	16+	\$35

Fencing and Martial Arts



FENCING & MARTIAL ARTS • •

CLASSES FOR YOUTH



INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. Fencing jacket and equipment provided for use in class. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: John Konzal

Activity #	Date	Time	Age	Price
311800-01	Th: Apr 1-May 6	6-8 pm	10-adult	\$48
311800-02	Th: May 13-Jun 17	6-8 pm	10-adult	\$48
311800-03	Th: Jun 24-Jul 29	6-8 pm	10-adult	\$48

IUDO

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 23+ years, offering instructional classes in coordination with Columbia Parks and Recreation. For more information call or text Sensei Heitmann with guestions at (816) 806-2113. Pre-registration required. Not sure Judo is for you? Try the first week free.

Instructor: Sensei Chris Heitmann Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
311310-01	M/W: Month of April	6-7:30pm	5-adult	\$45
311310-02N	በ/W: Month of May*	6-7:30pm	5-adult	\$45
311310-03N	1/W: Month of June	6-7:30pm	5-adult	\$45
311310-04	M/W: Month of July*	6-7:30pm	5-adult	\$45
311310-05	M/W: Month of Aug	6-7:30pm	5-adult	\$45
*No class 5	/31, 7/5			

All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

AIKIDO FOR KIDS

Learn confidence without aggression, and balance and coordination through patience and discipline. Both fun and physical, Aikido encourages harmony in the face of violence using redirection and fluid motion to end conflict both physically and verbally. Pre-registration required. Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Daniel Golian

Activity #	Date	Time	Age	Price
311908-01	Sa: Apr 17-May 22	9:30-10:30 am	10-13	\$37
311908-02	Sa: Apr 17-May 22	10:45-11:45 am	6-9	\$37
311908-03	Sa: Jun 5-Jul 17*	9:30-10:30 am	10-13	\$37
311908-04	Sa: Jun 5-Jul 17*	10:45-11:45 am	6-9	\$37
311908-05	Sa: Jul 24-Aug 28	9:30-10:30 am	10-13	\$37
311908-06	Sa: Jul 24-Aug 28	10:45-11:45 am	6-9	\$37

^{*} No Class 7/3

BEGINNING TAE KWON DO

Begin learning some of the basic hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Belt testing fees paid separately. Pre-registration required. Class will meet outside when possible.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Time	Age	Price
311301-01 Tu,	Th: Apr 20-May 27	6- 7 pm	7-adult	\$55
311301-02 T	u,Th: Jun 1-Jul 8	6- 7 pm	7-adult	\$55
311301-03 Tu	Th: Jul 13-Aug 19,	6- 7 pm	7-adult	\$55

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can

register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

Fax to Columbia Parks and Recreation 5. Fax-in:

(573) 874-7640. (Form Online)



Fencing and Martial Arts



ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about six months of study in the Beginning Tae Kwon Do class, after reaching yellow belt. Uniform is required. Belt testing fees paid separately. Pre-registration required. Class will meet outside when possible.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Time	Age	Price
311303-01	Tu,Th: Apr 20-May 27	7-8 pm	7-adult	\$55
311303-02	Tu,Th: Jun 1-Jul 8	7-8 pm	7-adult	\$55
311303-03	Tu,Th: Jul 13-Aug 19	7-8 pm	7-adult	\$55

CLASSES FOR TEENS AND ADULTS

See other classes for adults in youth section

AIKIDO

Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a pre-requisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Daniel Golian

Activity #	Date	Time	Age	Price
311204-01	M,W: Month of Apr	6- 8 pm	15+	\$45
311204-02	M,W: Month of May*	6- 8 pm	15+	\$45
311204-03	M,W:Month of June	6- 8 pm	15+	\$45
311204-04	M,W: Month of July*	6- 8 pm	15+	\$45
311204-05	M,W: Month of Aug	6-8 pm	15+	\$45
* No class	5/31, 7/5			

BEGINNING KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact benjamin@theasbecks.net for questions and about required equipment. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311210-01	Tu: Apr 6-Apr 27	6-7 pm	13+	\$39
311210-02	Tu: May 4-May 25	6-7 pm	13+	\$39
311210-03	Tu: Jun 1-Jun 22	6-7 pm	13+	\$39
311210-04	Tu: Jun 29-Jul 20	6-7 pm	13+	\$39
311210-05	Tu: Jul 27-Aug 17	6-7 pm	13+	\$39

INTERMEDIATE KORYO GUMDO

Continue to improve and build on the skills you've learned, and move on to more advanced material. Must have taken the Beginning Koryo Gumdo class and been recommended by instructor to enroll in the intermediate class. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311211-01	Tu: Apr 6-Apr 27	7-8 pm	13+	\$39
311211-02	Tu: May 4-May 25	7-8 pm	13+	\$39
311211-03	Tu: Jun 1-Jun 22	7-8 pm	13+	\$39
311211-04	Tu: Jun 29-Jul 20	7-8 pm	13+	\$39
311211-05	Tu: Jul 27-Aug 17	7-8 pm	13+	\$39



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HILLCREST COMMUNITY CENTER

Hillcrest Community Center, the Moss Building and Waters House are home to daytime activities with 50+ adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr, Stop by between 9 am-4 pm or call 573-874-7475. You can also find us and our programs and activities online at CoMo.gov under Parks and Rec, search: Senior/50+. Participation in recreational activities and programs requires an annual membership. For a small additional amount, Parks and Rec and Osher @ Mizzou will offer a "Combo Membership" that will add Friday Brown Bag seminars on Zoom, the weekly email and This Week at Osher.

PUZZLE LIBRARY

Come by Hillcrest Community Center and check out all of the puzzles to borrow. There is no fee for 50+ members and a \$2 fee for non-members. Borrow the puzzle for one month, return it and try another one! There is a variety of puzzles to choose from, ranging from 200 pieces up to 1,000 pieces.

BINGO

Join us every Tuesday to play bingo for practical prizes. Come early to socialize (at a distance) and meet new friends. Bingo games begin at 1 pm. Tuesdays, 1:00 pm

POKENO FRIDAYS

Is it bingo, poker, or blackjack?! There are several ways to play, so come find out on Fridays at 1 pm. Learn how to play Pokeno and have a chance to win a practical prize.

Fridays, 1:00 pm

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can

register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)

FRIDAY NIGHT KARAOKE

Come sing your heart out on the first and third Fridays of the month. Price is \$3 for non 50+ members. To distance properly, only 20 people will be allowed. Each person MUST sign up in advance with Parks & Recreation (you will be turned away if you are not signed up), a mask must be worn, and no shared snacks allowed. Also, please have your song choices ready when signing up. Call 573.874.7475 to sign up. 1st and 3rd Fridays, 7 pm-10 pm

CRAFTS.......



HEARTLAND RUGHOOKERS OF COLUMBIA

Learn a new skill or meet others with the same passion for rug hooking. The Rughookers meet twice a month, and you can drop in or stay for the day. Call 573.874.7475 for information. Hillcrest membership is required.

1st and 3rd Thursdays, 10:30 am-3 pm, Waters House

KNITTING GROUP

Drop in for a sociable afternoon of knitting. Other crafts such as crocheting and needlework are also welcome! Bring your projects to show for encouragement. Hillcrest membership required.

Tuesdays & Fridays, 1 pm-4 pm, Hillcrest Community Center

PAINTING

Join our painting groups as they use a wide variety of mediums including oils, watercolors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors. There is no formal instruction. Hillcrest membership required.

Mon, 9 am-12 pm Thurs 1-3:30 pm

OSHER @ MIZZOU

Columbia Parks and Recreation is proud to collaborate with Osher@Mizzou. As part of MU Extension, the mission for Osher@ Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher@Mizzou invites you to "come as learners, leave as friends." They believe that curiosity never retires. All classes are currently through Zoom. Class catalogues and registration information are available on the Osher@Mizzou

www.osher.missouri.edu



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

CLASSES FOR YOUTH

YOUTH PARTICIPANTS AT THE ARC

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and Group Exercise Land classes (14 & up without supervision and 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

CARDIO/STRENGTH PLUS YOUTH ORIENTATION

This one-hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age without parent. 12-13 year olds must take orientation class and have parent supervision. Pre-registration is required.

Location: Cardio/Strength Area @ Activity & Rec Ctr

Activity #	Date	Time	Age	Price
307231-01	W: Apr 14	5:30-6:30 pm	12+	\$10
307231-02	Tu: May 18	5:30-6:30 pm	12+	\$10
307231-03	Th: Jun 17	5:30-6:30 pm	12+	\$10
307231-04	W: Jul 21	5:30-6:30 pm	12+	\$10
307231-05	M: Aug 16	5:30-6:30 pm	12+	\$10

INTRO TO YOGA

This 6 week program is designed to educate every student whether you have never taken a yoga class or you are simply looking to reeducate yourself and refine your current practice. The program is free, but advanced registration is required due to limited space. Contact 874-6379 to register.

Location: Armory Sports Center

	Date			
307101-01	M: Mar 29-May 3	6-7 pm	13+	Free

YOUTH TRAINING ROOM

Monday - Friday 5:30 am - 9:30 pm Saturday: 7 am - 6 pm Sunday: 9 am - 6 pm

* Scheduled classes will be posted and will take priority over drop-in use



CLASSES FOR ADULTS

PERSONAL TRAINING

This service is specially customized to meet the client's goals and needs. Who needs a personal trainer? People who are performing exercises, but aren't sure their technique is the most effective and safe. People who have the desire to work out, but don't know where to start or how to design a training plan. People who would like to be shown alternatives to their current exercises. Individuals who would like the extra motivation that comes from being directed through a routine by a qualified instructor. No matter what your reason, qualified staff will help you reach your personal goal. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.

Individual Session/Workout Design

\$45 ARC Annual Member, \$55 Non-Member

Individual Packages (3, 6, & 12 Sessions)

\$120 ARC Annual Member, \$150 Non Member
 \$220 ARC Annual Member, \$280 Non-Member
 \$395 ARC Annual Member, \$540 Non-Member

Couple Sessions (3, 6, & 12 Sessions)

\$165 ARC Annual Member, \$195 Non-Member \$300 ARC Annual Member, \$360 Non-Member \$540 ARC Annual Member, \$660 Non-Member

Group Sessions (3, 4, or 5 participants)

6 3 participants, \$120 each
4 participants, \$100 each
5 participants, \$85 each
12 3 participants, \$218 each
4 participants, \$180 each
5 participants, \$155 each

Fitness and Exercise



ADULT MONTHLY BOOT CAMP

Class combines cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group class environment, each individual is challenged at his or her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Preregistration required. ARC Members receive a \$10 discount. (Join one day each week for \$35) Day care not included.

Location: ARC

Activity #	Date	Time	Age	Price
307136-01	Tu,Th: Apr 6-29	9:15-10:15 am	18+	\$70
307136-02	Tu,Th: May 4-27	9:15-10:15 am	18+	\$70
307136-03	Tu,Th: Jun 1-24	9:15-10:15 am	18+	\$70
307136-04	Tu,Th: July 6-29	9:15-10:15 am	18+	\$70
307136-05	Tu,Th: Aug 3-26	9:15-10:15 am	18+	\$70

MINI-WORKOUT PROGRAM AT THE ARMORY

Stay active and healthy! Come in and take advantage of a Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. If you like to work independently, this is an ideal place to be. Staff will get you started and give assistance if needed. A locker can be rented for \$5 during your 8-week membership. Call 817-5077 for more information and to register.

Location: Armory Sports Center – Workout room

Class #	Date	Time	Age		Price

Drop in M-F 8 am-6 pm 16+ \$20/2 months or \$2 per visit

MID MISSOURI WEIGHTLIFTING CLUB

Join our registered USAW club and train under coaches with National and International experience. We are striving to build national level lifters as well as teach the mechanics of the Sport of Weightlifting to those striving to reach their goals. We have multi-national champions and many lifters who have achieved Top Ten placings in National level competitions. Call Brian at the ARC at 573-874-7720 or email brian. higginbotham@como.gov. No fee's to join or practice during team sessions other than being a member or paying the daily fee. Personal one to one sessions do have a fee assessed as well as writing programs.

INBODY 230

Body Composition analyzer of direct segmental multi-frequency bioelectrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, lbm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results.

Sign up at the ARC Guest Services Desk.

\$12 ARC Annual Member \$15 Non-Member

GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning, Yoga, Pilates, Studio Barre or Domination classes.

Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

1 \$4 ARC Member, \$6 Non-Member

5 \$18.75 ARC Member, \$28.75 Non-Member

10 \$32.50 ARC Member, \$52.50 Non-Member

20 \$60 ARC Member, \$100 Non-Member

SUMMER P.T. PREP

Offer is limited to the week of May 23-29 for purchasing packages. Purchase a 12 Session Personal Training Package at \$395 and receive an extra sessions on us. This gives you a full month/ 3 days a week of trimming, toning, and shaping! We're here to help you through the process of setting goals and obtaining them. Don't put on those summer clothes without looking and feeling your best! *Location: ARC*

MOTHER'S DAY PERSONAL TRAINING SPECIAL

Give Mom the gift of a "better" life! Help her increase her strength and endurance level while gaining balance and flexibility. Our certified Personal Trainers will make the workouts fun and invigorating and teach skills that last a lifetime. Flowers are always appreciated and pretty to the eye, but only last for a few days. Give something that can last her for life. A stronger, healthier, more independent life!

May 2-9 \$15 off 6 Sessions, \$35 off 12 Sessions Location: ARC

*Personal purchases are also welcomed to take advantage of this offer.

FATHER'S DAY PERSONAL TRAINING SPECIAL

Dad doesn't want another shirt or tie. He never says what he wants, but we know what he needs. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. The saying is true "use it or lose it". Trainers will instruct on how to get results without spending much time in the gym.

June 14–20 \$15 off 6 Session, \$35 off 12 Session Location: ARC

*Personal purchases are also welcomed to take advantage of this offer.



:::: ARC GROUP EXERCISE SCHEDULE (MARCH 1-AUGUST 14) ::::

MON	TUE	WED	THU	FRI	SAT
Body Conditioning 8-9a	**Spin 5:45-6:35a	Body Conditioning 8-8:50a	**Spin 5:45-6:35a	Body Conditioning 8-8:50a	**Spin 9:30-10:30a
*Silver Sneakers Cardio Circuit 8-8:50a	Zumba 8-8:50a	*Silver Sneakers Cardio Circuit 8-8:50a	Zumba 8-8:50a	*Silver Sneakers Cardio Circuit 8-8:50a	Cardio/Core Combo 9:30-10:25a
*Silver Sneakers Classic 9:15-10:05a	Silver Sneakers Yoga 9:15-10:05a	*Silver Sneakers Classic 9:15-10:05a	Silver Sneakers Yoga 9:15-10:05a	*Silver Sneakers Classic 9:15-10:05a	Body Conditioning 10:35-11:25a
Pinkel's Ladies 9:30-10:25a	Functional Fitness 9:15-10:15a	Pinkel's Ladies 9:30-10:20a	Functional Fitness 9:15-10:05a	Pinkel's Ladies 9:30-10:20a	Zumba 11:35a-12:25p
**Spin 9:30-10:30a	*Silver Sneakers Yoga 9:30-10:30a	**Spin 9:30-10:30a	H.I.I.T. 4:30-5p	**Spin 9:30-10:30a Starts 4/9	11.550 12.250
Zumba 4:15-5:05a	Vin-Yin Yoga 10:30-11:30a	Knockout 5:30-6:20p	To The Core 5-5:30p	Vin-Yin Yoga 10:30-11:30a	SUN
Step Combo 5:30-6:25p	Zumba 4:14-5:05p	Fusion 5:30-6:30p Starts 4/28	**Spin 5:30-6:30 Starts 4/28	Zumba 4:15-5:05p	3014
**Spin 5:30-6:30	Strong	Power Pump	Cardio Sculpt		Knockout
To The Core 6:30-7p	6:30-7:15p	6:30-7:10p	5:45-6:35p		1-1:50p
Monday Mixer 7-8p		Zumba 7:20-8:10p	Zumba 7:20-8:10p		Vin-Yin Yoga 4:30-5:30p

Yoga and Spin are "Specialty Classes" that require a pass.
*Silver Sneakers Mon-Fri will be held in the Meeting Rooms
**All Spin classes are held in the Spinning room

"Open Door" Spin Room Schedule Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm T/TR 7am-5pm, 7-9pm Fri 5:30-8:30am, 11am-9pm Sat 11am-7pm Sun 9am-6pm

Fitness and Exercise



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

BODY CONDITIONING - Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

CARDIO/CORE COMBO - 60 minute class with a combination of aerobic fitness and core conditioning. Abdominals, obliques, and low back make-up the core with additional work around the hips.

CARDIO SCULPT - Elements of ballet, yoga and pilates while intermixing cardio intervals. Target main muscle groups while fine-tuning arms, thighs, glutes, & core. High and low impact options make this class perfect for experienced and beginner participants!

FUNCTIONAL FITNESS - Low impact cardio, strength training and stretching will prepare your body to handle real-life occurrences. By targeting core stability and balance, functional fitness prepares your body to perform in a variety of common situations. The key is activating smaller stabilizer muscles not used in other forms of exercise. Also, emphasis is placed on working several areas of the body at once, rather than isolating a particular muscle or group of muscles.

H.I.I.T. - High intensity interval training with short breaks of strength and cardio segments using a variety of equipment and body weight.

KNOCKOUT - Martial Arts inspired, high energy cardio workout. Go for the K.O. in every class and win the fight!

MONDAY MIXER - A mix of all your favorite cardio and strength classes

PINKEL'S LADIES - Aerobic dance routines are choreographed to Top 40's, Oldies, Country, and Show Tunes for a great cardiovascular workout. If you like to dance then this class is for you. Exercise made fun! Come on guys don't be shy!

POWER PUMP - Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

SILVER SNEAKERS - Cardio Circuit- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

SILVER SNEAKERS - CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and cardio activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Segment are fun,

easy to follow, and set to music from the 40's, 50's, 60's, and 70's.

SILVER SNEAKERS YOGA - Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

SPIN - High energy indoor cycling led by a motivating instructor and accompanied by unique playlist of powerful and energizing music. Achieve strong, toned, and shapely legs while burning calories and improving cardiovascular health.

STEP COMBO - Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

STRONG - combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TO THE CORE - 30-minute session targeting the abdominal and back areas to strengthen and tone your entire midsection.

VIN-YIN YOGA - Tuesday class focuses on Vin which is more energetic with a Vinyasa style flow. Friday is Yin for a more relaxed and grounded slower flow. Sundays are a mix of both styles.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you've got it!

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC,

1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa,

you can register over the phone by calling (573)

874-7460 or (573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation.

P.O. Box 6015, Columbia, MO 65205.

(Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)



Fun for Little Ones | Gaming

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FUN FOR LITTLE ONES



ACTIVITIES FOR PRESCHOOLERS

ALL GUARDIANS ARE ASKED TO STAY AND ASSIST CHILDREN FOR THE DURATION OF THE PROGRAM.

LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. No Little Gymmers on holidays.

Location: ARC

		Price
		\$1 per person attending, child & adult

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 874-7494 to arrange times and dates.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	M-Th	By appt.		\$20 up to 20 participants; \$30 for 21-30 participants

LITTLE SWIMMERS & DAY CARE LITTLE SWIMMERS, PAGE 14

For other preschool activities, see Arts Crafts and Leisure, Fitness, Dance and Aquatics.

NEW FLOWER POWER

It's spring and the flowers are blooming! Come celebrate with some flower crafts and activities.

Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

		Time		
310715-01	Th: Apr 22	10-10:45 am	2-5 w/adult	\$6

NEW READY FOR TAKEOFF

Do you like airplanes? Did you know that Cosmo Park used to be the old Columbia Municipal Airport? Come see us at Cosmo Park for some fun airplane themed crafts and activities to help celebrate Columbia's 200th birthday. Pre-registration required.

Location: Garrison Shelter @ Cosmo Park

		Time		
310716-01	W: May 12	10-10:45 am	2-5 w/adult	\$6



BUBBLE BASH

It's a bubble blowout! Come make your own bubble wand, blow lots of fun bubbles, and make other bubble-related crafts! Pre-registration required

Location: Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
310713-01	Tu: June 15	10-10:45 am	2-5 w/adult	\$6

CLASSES FOR TEENS AND ADULTS

GAMING



KING OF THE MOUNTAIN VIDEO GAME NIGHT

Are you the best gamer around? Prove it! **Join us the second Thursday of every month.** The format is simple. Win and you keep playing, lose and you give up the controller. At the end of the night the gamer who has the most wins will get a prize and ultimate bragging rights. Food and refreshments will be provided.

Location: Recreation Room @ Armory Sports Center

		Time		
Drop in	2nd Thurs	5-7 pm	10-15	Free

Monthly Themes

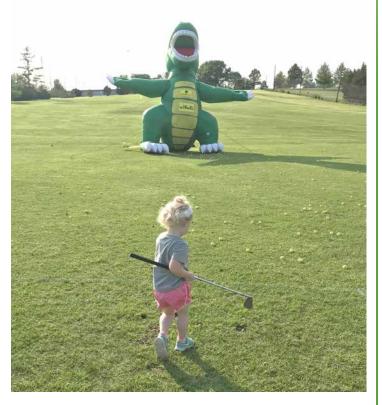
March 11: Fifa 21 June 10: NBA 2K21 Playoffs
April 8: NBA 2K20 (Blacktop) July 8: Rocket League
May 13: WWE 2K20 August 12: NBA 2K Playgrounds 2



GOLF.............



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COV-ID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.



FAMILY NIGHT

Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics! Festivities begin with a hot dog dinner, then at 6 pm we'll move to the driving range for a free clinic to introduce youth and adults to the game of golf and your chance to take a shot at Golfzilla. Everyone will have the chance to play 1 or 2 holes on the course before wrapping up with a raffle. All participants will receive coupons for future use at L.A. Nickell. No equipment or prior experience necessary. Pre-registration is required, registration will open on the 15th of the month prior to the event. Enrollment limited to first 80 participants. Please sign up for just one family event per summer so that we can accommodate more families wishing to learn the game of golf. Thank you for your understanding.

Location: L.A. Nickell Golf Course

Activity #		Time		
308400-01	F: May 29	5:30-8:30 pm	All	Free
308400-02	F: Jul 10	5:30-8:30 pm	All	Free
308400-03	F: Aug 7	5:30-8:30 pm	All	Free

IUNIOR GOLF LESSONS

Designed for juniors interested in learning the basics of golf, instructor will cover grip, stance and swing.

Instructor: Dan Frost

Location: Lake of the Woods Golf Course

		Time		
308806-01	Th: Jun 10-Jul 1	5:45-6:45 pm	10-15	\$60

ADULT GOLF LESSONS

Designed for beginners interested in learning the basics of golf in a group setting. Instructor will cover grip, stance, full swing, rules, course etiquette, pitching, chipping and putting. Participants will spend the last session on the course playing different games they've learned.

Instructor: Drew Geritz

Location: Lake of the Woods Golf Course

Activity #	Date	Time	Age	Price
308100-01	M: May 3-May 24	6-7:30 pm	18+	\$60
308100-02	M: Jul 5-Jul 26	6-7:30 pm	18+	\$60

TUESDAY SCRAMBLE GOLF LEAGUE

May 5-Jun 16, 5:30 pm shotgun start, L.A. Nickell Jun 30-Aug 11, 5:30 pm shotgun start, Lake of the Woods

Each Tuesday, take part in a two-person, 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register. Tournament is limited to the first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of \$10 per person plus \$12 green fee and cart fee. Annual pass holders pay \$10 per person, plus cart fee.

2021 GOLF TOURNAMENTS

June 12-13

Two-person tournament, check at the courses for details.

THREE-PERSON SCRAMBLE

Saturday, May 1 at L.A. Nickell, 9 am shotgun start Sunday, May 2 at Lake of the Woods, 9 am shotgun start

NIGHT FLIGHT GLOW GOLF

DATE TBD, 8:30 pm shotgun start, L. A. Nickell Call 874-7538 or 874-7539 to sign up



GOLF FACILITIES

L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653)

- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- · Open year round (weather permitting)
- Fairway irrigation system Zoysia fairways

Eighteen beautifully manicured holes conveniently located in the Cosmopolitan Recreation Area. The course provides a challenging, fun, but "walkable" layout. The generous landing areas & large greens provide a great golfing experience.

Par: 70

Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of 1-70 off North Stadium & in the Columbia

Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • (573) 499-GOLF (4653)

- 18-hole golf course Swimming Pool New Driving Range
- Riding carts and continuous cart paths
- Open year round (weather permitting)
- Fairway irrigation system Zoysia fairways

A very popular golf destination for area players. Traditional layout offers a good mix of medium length par fours, doglegs, and excellent putting surfaces.

Par: 71

Yardage: 6,378 - Blue tees, 6,084 - White tees, 4,901 - Red tees

Lakes: 3, 2 in play • Terrain: Relatively flat

Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees,

66.9 Red tees

Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees,

113 Red tees

Dir: Located east of Columbia. Take I-70 to the Lake of the

Woods exit. Go NE on St. Charles Road.

2021 GOLF FEES

2021 0021 1220		
Green Fees 3/1-10/31	9-Holes	18-Holes
Mon-Fri	<u>Walking</u>	<u>Walking</u>
-Adult	\$14	\$22
-Senior (60 & over)	\$12	\$18
-Twilight 2:00pm	\$12	\$18
-Super Twilight 6pm	\$9	\$14
-Junior (17 & under)	\$11	\$11
Saturday/Sunday/Holidays		
-Adult	\$28	\$28
-Twilight 2:00pm	\$15	\$24
-Super Twilight 6:30pm	\$9	\$14
-Junior (17 & under)	\$14	\$14
Winter Green Fees 11/1-2/28	9-Holes	18-Holes
Mon-Fri	<u>Walking</u>	<u>Walking</u>
-Adult/Senior	\$14	\$18
-Twilight 2:00pm	\$12	\$14
-Junior (17 & under)	\$11	\$11
Saturday/Sunday/Holidays	9-Holes	18-Holes
	<u>Walking</u>	<u>Walking</u>
-Adult	\$24	\$24
-Junior (17 & under)	\$12	\$12

Annual Passes good at both courses. All passes non-refundable. Prices Valid10/1/17-9/30/18. All prices are approved by City Council on an annual basis.

PASSES AND OTHER FEES

		Any Day
	<u>Any Day</u>	w/Cart
Individual (30-59)	\$ 880	\$1,608
Adult +1	\$1,496	\$2,734
Senior (60 & over)	\$ 704	\$1,432
Senior Couple		
(both 60 & over)	\$1,197	\$2,435
Young Adult (18-29)	\$ 704	\$1,432
Junior (17 & under)	\$ 440	
Junior Limited (May 1-Sep 30)	\$ 220	

<u>Trail Fees</u>	<u>Cart/Club Rentals</u>	<u>Driving R</u>	<u>ange</u>
Daily Trail Fee \$ 16	Riding Carts	Small	\$4
Annual Trail Fee \$619	9 Holes \$8 per person	Medium	\$7
	18 Holes \$16 per person	Large	\$10
	Pull Cart \$5	•	
	Golf Club \$20		

*Adult plus 1 is defined as two persons residing at the same residence. Additional Family must be related persons living at the same address 21 & under. Senior Couple pass is limited to two persons 60 and over residing at the same address. Each course is available for scheduling private tournaments. Please call 874-7538 or 874-7539 to reserve your spot.

STAY UP TO DATE WITH OUR MOBILE APPS AND BY FOLLOWING US ON FACEBOOK & TWITTER.



L.A. Nickell Golf Course Lake of the Woods Golf Course

L.A. Nickell: @lancprd

Lake of the Woods: @lowcprd

Self-Improvement & Study Skills | Sports



SELF IMPROVEMENT & STUDY SKILLS • •



PROFESSIONAL DEVELOPMENT AID

Need help creating or editing your resume? Want to practice interviewing for a job? Maybe you just want to learn how to tie a tie. Professional Development Aid can help with all the basics of finding and obtaining employment. This program is completely free, but by appointment only. Contact 573-874-6379, or email Jay.Bradley@como.gov to set up an appointment.



FOR YOUTH

All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

TENNIS LESSONS

Date	Time	Age	Price			
Session I – May 3-19 at Shepard Courts:						
Mon/Wed	5:30-6:30 pm	6-8	\$50			
Mon/Wed	6:30-7:30 pm	9-11	\$50			
Tues/Thurs	5:30-6:30 pm	12-16	\$50			
Session II - June 7-23 at Cosmo Cour	ts:					
Mon/Wed	5:30-6:30 pm	6-8	\$50			
Mon/Wed	6:30-7:30 pm	9-11	\$50			
Tues/Thurs	5:30-6:30 pm	12-16	\$50			
Session III – July 5-21 at Rock Quarry	Courts:					
Mon/Wed	5:30-6:30 pm	6-8	\$50			
Mon/Wed	6:30-7:30 pm	9-11	\$50			
Tues/Thurs	5:30-6:30 pm	12-16	\$50			
Session IV - August 2-18 at Shepard	Courts:					
Mon/Wed	5:30-6:30 pm	6-8	\$50			
Mon/Wed	6:30-7:30 pm	9-11	\$50			
Tues/Thurs	5:30-6:30 pm	12-16	\$50			
Session V -Aug 30-Sept 20 at Rock Quarry Courts:						
Mon/Wed	5:30-6:30 pm	6-8	\$50			
Mon/Wed	6:30-7:30 pm	9-11	\$50			
Tues/Thurs	5:30-6:30 pm	12-16	\$50			

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 29 years of experience.

YOUTH SOCCER SEE INSERT, PAGE 37
YOUTH FOOTBALL SEE INSERT, PAGE 39

HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have fun while they work on different aspects of physical fitness.

Location: Court 1 @ARC

	Date			
307509-01	Th: Apr 8-Apr 29	1:30-2:30 pm	10-17	\$10.50
307509-02	Th: Apr 8-Apr 29	2:30-3:30 pm	10-17	\$10.50



SMALLER BALLERS TYKE BASKETBALL

Get an early start with this youth basketball skills development program for 4-7 year olds. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time on lowered goals. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.

Location: Gym @ Armory Sports Center

	Date			
315903-01	W: Mar 31-Apr 28	5:45-6:45 pm	4-5	\$36
315903-02	W: Mar 31-Apr 28	7-8 pm	6-7	\$36

DROP-IN BADMINTON

Do you have the urge to hit the birdie around? If so, then join us for our open badminton every 1st & 3rd Tuesday of the month. No appointments or registration necessary. First come first serve. Four players maximum per court. Contact Jay.Bradley@como.gov for more info.

Location: Gym @ Armory Sports Center

Activity #	Date	Time	Δσρ	Price
Drop in	1st & 3rd Tues.	5-7 pm	18+	Free



COLUMBIA'S YOUTH INTRO TRACK MEET

Learn about track and field in this meet! Open to youth ages 6-12 (born 2009-2015). Pick up and turn in registration forms at the Parks & Recreation office (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8am-5pm. Forms are also online at CoMo.gov. Deadline to turn in forms and payment is April 22. No walk up registrations will be allowed the day of the event. For more information, call 874-7460.Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.

Location: Hickman High School Track

		Time		
NA	Sa: Apr 24		6-12	\$7
		10 am event starts		

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Registration runs through May 1. A late fee of \$5 will be assessed after that date. Forms are available at the Parks and Recreation office, the ARC, the Armory Sports Center & online at CoMo.gov. Volunteer coaches and umpires are needed. For more information, call 817-5077. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available. Games - June 7 - July 8

Location: Kelly Field at Douglass Park

Class #	Date	Time	Age	Price
	M: (T-Ball)	5:30 pm & later	5-6	\$27
	T, Th: Coach Pitch	5:30 pm & later	7-8	\$27
	and Kid Pitch	5:30 pm & later	9-10	\$27

FREE YOUTH BASEBALL CLINICS

Coordinated by Douglass Baseball board members and coaches, these clinics are free and open to boys and girls ages 5-10. Kids will rotate through multiple stations and drills covering baserunning, throwing, catching, batting, pitching, etc Clinics end with hot dogs and chips, and autograph sessions with college/high school players. League Board Members and the League Coordinator will be on hand to register players for the upcoming season as well as answer any questions concerning the league.Call 573-817-5077 for information.

Location: Kelly Field at Douglass Park (rain-ouot location Armory Sports Center)

Activity #	Date	Time	Age	Price
NA	Sa: Apr 3	2-4 pm	5-10	Free
NA	Sa: Apr 17	1:30-4 pm	5-10	Free

BLUE THUNDER TRACK OUTDOOR SEASON

Registration \$110, compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice. The outdoor season is April-July. Participate in some or all phases, it is your choice. Please call 874-6378 or email Camren.Cross@CoMo.gov if interested. Visit www.leaguelineup.com/BlueThunderTC for information.

Runners will need to invest in a pair of running shoes. Those wishing to participate in the competitive aspect of the season may want to consider racing spikes but it is not required. Payment can be brought to the Armory starting March 15. First practice is April 6.

BLUE THUNDER TRACK CROSS COUNTRY

Season begins Aug 31, first practice 6 pm at Stephens Lake Park Price \$55

Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Registration and payment will be accepted starting July 1. Drop registration form off at Armory Sports Center or bring to first practice. Go to www.bluethundertc.shutterfly.com or email Camren.Cross@CoMo.gov for more information.

YOUTH RUGBY

Coordinated along with the Columbia Rugby Club, this 8-week season will introduce youth boys and girls to a non-contact version of rugby. Each week will consist of a 45-minute practice followed by 45 minute games of flag rugby. All registrants will also receive a rugby ball and a t-shirt for participating. No additional equipment required. No experience necessary.

Location: Gans Creek Recreation Area

	Date		Age	
315928-01	T: Jun 15-Aug 3	6-7:30 pm	6-8	\$40
315928-02	T: Jun 15-Aug 3	6-7:30 pm	9-11	\$40
315928-03	T: Jun 15-Aug 3	6-7:30 pm	12-14	\$40

MLB JR. HOME RUN DERBY

The official MLB Home Run Derby provides kids across the country the opportunity to showcase their hitting skills in this exciting local contest. This is a free event that is open to all boys and girls ages 14 and under. Winners of local and regional contests will advance and participate in a Home Run Derby contest during MLB All-Star week in July. All participants must submit a signed registration and waiver form, available at Parks and Recreation facilities and Copy of birth certificate or baptismal record required.

Location: American Legion Park

	Time	
NA	10 am, 9:30 am registration	

MLB JR. PITCH, HIT AND RUN

The official MLB skills competition provides kids across the country the opportunity to showcase their skills in this exciting local contest. This is a free event that is open to all boys and girls ages 14 and under. Winners of local and regional contests will advance and participate during MLB All-Star week in July. All participants must submit a signed registration and waiver form. Copy of birth certificate or baptismal record required.

Location: American Legion Park

		Time		
NA Sa:	May 1	10 am, 9:30 am registration	14 and under	Free



Recreational Registration:

May 1 - June 30 Late fees apply July 1 Age groups: U4-U18 boys & girls

> Fall games begin September 11

Competetive Registration:

Registration opens May 1
Age groups: U8-U19
boys & girls
Tryout dates: June 13-17

Sporting KC Youth Soccer Camp:

June 7-10 Cosmo Park

Sporting Columbia SC PO Box 7506 Columbia MO 65205

sporting columbia.net

MAKE OUR CLUB YOUR CLUB

Sporting Columbia SC is Central Missouri's premier youth soccer program, providing a positive soccer experience for over 1500 youth soccer players in recreational and competitive divisions. The Club is committed to developing the player, the person and the team. These goals will be accomplished by promoting player development, sportsmanship, and teamwork for every player at every level of soccer.







STAY UP TO DATE ON SOCIAL MEDIA



/SportingColumbiaSC



SportingColumbia



@SportingCSC

SPORTING COLUMBIA



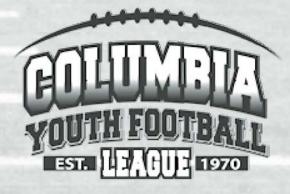


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Football: the Ultimate Team Sport

Every kid dreams of playing football and in CYFL every kid plays!

Tackle Football is open to all 3rd - 6th Graders in Columbia!

Tackle fees are only \$125.00 Teams practice two to three nights per week at Cosmo Park. Teams are formed by grade. Uniforms and equipment are provided.

Games are played at Cosmo Park each Sunday (and some weeknights). "Modified High School Rules" used for all games. *Minimum play rule* ensures every child gets a chance to play.





Flag Football is open to all K - 2nd Graders in Columbia!

K-Ball fees are only \$65.00. Teams practice and play games once per week.

1st & 2nd Flag fees are only \$85.00. Teams practice up to twice per week with games on Sundays and one weeknight.

Fall 2021 Registration Fees

Tackle football fees: \$125.00 until August 1st

1st-2nd Grade Flag football fees: \$85 until August 1st

K-Ball Flag football for Kindergarten fee: 65.00 until August 1st

Fees Increase \$25.00 each after 8/1/2021

NEW IN 2021
SPRING
FLAG FOOTBALL
For more information:

For more information: cyfl.information @gmail.com

GET IN THE GAME - PLAY FOOTBALL

Columbia Youth Football League

Register online or for more information visit: www.columbiayouthfootball.com

COACHES WANTED





All CYFL Coaches are required to complete:

- Background Checks by NCSI
- USA Football Certified Coaching Education Program
 - Tackle or Flag Certification
 - Concussion Awareness
 - Heads Up Tackling SM safety program
- Chalk Talk 101 training seminars
- Practice Plans & Playbooks offered
- Certified Athletic Trainers onsite



Player development & safety is our highest priority!



Out of Town Players are Welcome!

Columbia Youth Football League is an <u>all</u> volunteer, non-profit 501(c)3 youth sports program. Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052 Contact us at: cyflinfo@gmail.com



FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ON LINE AT COMO.GOV

Download the new CoMoSports mobile app! Get rainout notifications, view league schedules and standings, tournament info and facility closures. Available on Google Play and the Apple store.

ADULT VOLLEYBALL

Summer Volleyball

Registration: Now until filled.

Leagues Available: Monday, CoRec B and Over 50 **League play:** May-June; games at 6, 7, 8, or 9 pm

Fall Volleyball

Registration: Packets available July, registration through late August or

until filled

League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Location: Columbia Sports Fieldhouse

ADULT SOFTBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8,

or 9 pm

Location: Rainbow Softball Center

ADULT KICKBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets at CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center



SPORTS OFFICIALS NEEDED

Adult Softball • Youth Softball • Youth Baseball Adult Volleyball • Youth Football For more information call 874-7466.

MID-MISSOURI LACROSSE LEAGUE (MMLL)

FOR YOUTH



Join the fastest growing team sport in the US - no experience necessary! Lacrosse is a spring sport that combines contact with the fast pace of soccer and the strategy of basketball. It's a ball and stick game where the objective is to shoot a five-ounce rubber ball into the opponent team's goal, while preventing the opponent team from doing the same. Teams have ten players and each team has four positions (attack, defense, midfield and goalkeeper). Players in each position must master the basic skills of catching, passing, cradling and scooping the ball off the ground, while in motion.

INTRODUCTORY TO FREE CLINICS AT THE ARC

OPEN TO YOUTH GRADES 3-8

Dates t be determined! Extra equipment available for clinics.

2021 DATES TO REMEMBER:

Season begins March 31; Practices every Tuesday and Thursday, 6-7:30pm at Cosmo Park Games: Sunday afternoons at Cosmo Park

Register on our website now to get notifications about the 2021 season and other events such as summer camps and possible fall season. www.youth.columbialax.org

FOR ADULTS



ADULT TENNIS LESSONS

Day	Time	Age	Price
Session I - May 4-20 a			
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session II - June 8-24 a	at Cosmo Courts:		
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session III - July 6-22	at Rock Quarry Courts:		
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session IV - August 3-	19 at Shepard Courts:		
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session V - August 31-	Sept 16 at Rock Quarry Co	urts:	
Tues/Thurs	6:30-7:30 pm	Adults	\$50

For information and to register, call Rick Odor at 442-3713. Rick has 28 years of experience.

ACTIVITY CANCELLATION HOTLINE

Call 874-7663 for cancellation information. Sports field cancellations are announced at 4 pm. After 5 pm, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to CoMo.gov/ParksandRec

Five Ways to Register:					
1.	Online:	Go to www.CoMo.gov			
2.	Walk-in:	You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.			
3.	Phone-in:	If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.			
4.	Mail-in:	Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)			
5.	Fax-in:	Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)			

SUMMER CAMPS/AFTER SCHOOL ACTIVITIES



All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.



CAMP COMO KIDZ

Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on April 29 at 7 am. Each camper will pay a \$50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at CoMo.gov. Online registration is not available for this camp. Please contact the Activity & Recreation Center (ARC) at 573-874-7700 to register.

Location: Riechmann Pavilion @ Stephens Lake Park

Activity #	Date	Time	Age	Price
303950-01	M-F: Jun 7-Jun 11	7:30 am- 5:30 pm	6-13	\$125
303950-02	M-F: Jun 14-Jun 18	7:30 am- 5:30 pm	6-13	\$125
303950-03	M-F: Jun 21-Jun 25	7:30 am- 5:30 pm	6-13	\$125
303950-04	M-F: Jun 28-Jul 2	7:30 am- 5:30 pm	6-13	\$125
303950-05	T-F: Jul 6-Jul 9*	7:30 am- 5:30 pm	6-13	\$100
303950-06	M-F: Jul 12-Jul 16	7:30 am- 5:30 pm	6-13	\$125
303950-07	M-F: Jul 19-Jul 23	7:30 am- 5:30 pm	6-13	\$125
303950-08	M-F: Jul 26-Jul 30	7:30 am- 5:30 pm	6-13	\$125
303950-09	M-F: Aug 2-Aug 6	7:30 am- 5:30 pm	6-13	\$125
303950-10	M-F: Aug 9-Aug 13	7:30 am- 5:30 pm	6-13	\$125
*Skip 7/5				

Summer Camps | After School Activities





ARMORY SUMMER CAMP

Daily camp activities include arts and crafts, computer, sports and weekly events including dollar movies, swimming at Douglass, and lunch in the park. Field trips may include adventure at Rock Bridge State Park, hiking the trails, venturing into a cave and exploring in the streams, subject to change depending on COVID-19 restrictions. Please call Jay at 573-874-6379 for more information. (Current health orders may limit some spaces.)

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
303916-01	M-F: Jun 14-July 9*	8 am- 5 pm	6-8	\$95
303916-02	M-F: July 12-Aug 13	8 am- 5 pm	6-8	\$125
303916-03	M-F: Jun 14-July 9*	8 am- 5 pm	9-12	\$95
303916-04	M-F: July 12-Aug 13	8 am- 5 pm	9-12	\$125
*Skip 7/5				

AFTER SCHOOL AND SUMMER RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can play pool, ping-pong, foosball, shuffleboard and air hockey, safe darts, XBOX, PS4 standup arcade machine, or just watch a movie. There is always something to do! (Current health orders may limit some spaces.)

Location: Armory Sports Center

	Date			
Drop in	M-F during school	2:30-7 pm	8+	Free
Drop in	M-F during summer	11 am-6 pm	8+	Free

CAMP SLIME

Get ready for a week of messy fun! Everything from shaving cream slip n' slide, to slimy crafts, to gooey projects, to squishy games and more. A fun day camp with a messy twist. Wear clothes and shoes that can get stained and dirty. Bring sack lunch, water bottle, sunscreen, swimsuit, towel, water shoes and change of clothes. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

	Date			
303914-01	M-F: Jul 12-Jul 16	7:45 am- 5:15 pm	6-9	\$145
303914-02	M-F: Aug 2-Aug 6	7:45 am- 5:15 pm	6-9	\$145

Due to limited spots, we ask that participants register for just one session to allow as many kids as possible to register.



DANCE CAMPS, SEE PAGE 24



TRAIL ENDURANCE RUNS • •







All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

BEAR CREEK HALF MARATHON COUCH TO CREEK

The Bear Creek Half Marathon Couch to Creek Training Group is a 20-week beginners' training group that will take new runners from their "couch" to "creek" (Bear Creek Run Half Marathon) with twice weekly group sessions on Tuesday evenings and Saturday mornings. Trainers will lead the group on training runs and provide cross training and nutritional information as you prepare to conquer 13.1 miles. Class fee includes registration to the Bear Creek Run Half Marathon on October 30 (\$55) and training group performance fabric shirt.

Location: Meet at MKT, Stadium Blvd trailhead

	Date			
307302-01	Starts June 8	ТВА	16+	\$150

BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has quickly become a favorite race in Mid-Missouri. Runners and walkers have come to love the scenic course along the Bear Creek Trail as well as the encouraging volunteers, great race shirts, finisher medals and awards by local artists. The 13.1 mile course starts and finishes at Albert-Oakland Park and takes participants to Columbia's Cosmo Park and back on 80 percent gravel trail. "Inspiration Hill" will keep runners motivated as they approach the half-way point. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course. Registration includes professional chip timing, unique age group awards, finisher medal, performance fabric shirt and post race food. Maximum 250 racers.

Location: Bear Creek Trail

Activity #	Date	Time	Age	Price
307300-01	Oct 30	8 am	12+	\$55*
Advance registra	tion required			

Special Events



SPECIAL EVENTS • • • • • • • •



EASTER BUNNY'S PARK HOP

Free! Pre-registration required. Registration opens Monday March 22. This Easter, the bunny will be making his rounds to 4 Columbia Parks! Kids will complete a scavenger hunt, searching for secret clues, take a safe and socially distanced photo with the Easter Bunny, and receive a goodie bag with Easter treats!

Registration is limited to ONE date/location per family. ONE adult will be permitted to attend per child registered. There will be no on-site registration, all activities will be limited to registered participants only. Masks required.

Dates & Locations:

Sat March 27: Sat April 3:

Douglass Park Bonnie View Nature Sanctuary

11 am-12 pm: 25 spots 11am-12pm: 25 spots 12-1 pm: 25 spots 12pm-1pm: 25 spots

Albert Oakland ParkNifong Park2pm-3pm: 25 spots2pm-3pm: 25 spots3pm-4pm: 25 spots3pm-4pm: 25 spots

3pm-4pm: 25 spots 3pm-4p

EGGSTRAVAGANZA BAGS

Celebrate Easter safely with our EGGstravaganza bags! Bags include 25 candy-filled plastic effs so you can have your own hunts at home. We recommend hunts be held within a household.

One bag per houselhold while supplies last.

For more information, email Mary.Dewey@como.gov. Registration Deadline is March 31.

Pick up dates: Monday-Friday, March 3-April 2 (while supplies last), 8 am-6 pm

Armory Sports Center, 701 E Ash

Free



FOOD TRUCKS IN THE PARK

First Wednesday each month, 5-7 pm

Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park

Drop by and pick up dinner from an area food truck! Follow our Facebook page or look online at CoMo.gov to see the schedule each month.

WOMEN'S MONTH ACTIVITIES

Women's History Exhibit

In celebration of Women's History Month come to the Armory Sports Center and see a display of famous women from the state of Missouri, open from 10 am to 6 pm throughout the month of March. This exhibit is free and open to the public. Groups are welcome.

Women's Inspiration Tree

Come into the Armory and add an inspirational quote, poem, or story to our inspiration tree. These can be from historical women, or someone you find inspirational from your own life. Simply write it down and add it to our tree. The tree is located downstairs in our Women's History Exhibit.

Women's Month Film "Joy"

Come enjoy the true story of self-made millionaire Joy Mangano, who struggles to pursue her inventing ambitions while juggling a complicated family life. Free registration required in advance.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	W: March 10	6:30 pm	16+	Free



YAPPY HOUR

Location: Twin Lakes Recreation Area
Food truck, live music, craft beer, and room
for Fido to roam will all be found when
Yappy Hour returns! This event will feature
dog related booths, activities, contests,
an adoptable dog pageant and more. This
event is coordinated with the help of the
MU Department of Parks, Recreation and
Sport students.

- Limit one dog per person and all dogs must be on a fixed length leash (no retractable)
- Must be 16 or older to attend, and 21+ to drink (we will be carding at the door)
- All dogs must be up-to-date on vaccines
- You know your dog better than we do, please bring only well socialized pooches
- Parking is limited so walking from Forum Nature Area or Scott Blvd trailheads is encouraged.

	Time	
TBA	Session 1: 12-2:30p	\$10
	Session 2: 2:30-5p	

*\$10 registration is for one dog and one person, includes t-shirt, dog goody bag and one drink voucher. \$5 registration is for each addl. person or someone not bringing a dog. Registration opens May 1.

Sponsored by:













Special Events





Bring a blanket or lawn chair and join us for free concerts! Concessions available but carry-in food and drinks also allowed. Free.

June 20, 7 pm, Missouri Symphony Society Dads: The Everyday Super

Hero Sponsored by Office of Cultural Affairs and Missouri Arts Council

July 8, 7 pm, Community Band

MACHENS.COM

August 5, 7 pm,

September 2, 7 pm, Darkroom Records Teen Band Showcase Sponsored by 102.3 BXR





TONS OF TRUCKS

Summer Date TBA

Location: Target wing parking lot, Columbia Mall

Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all. (For families of children with sensory sensitivities, we also hold a Sensory Friendly Touch-a-Truck in October. The August Leisure Times activity guide will contain more details).

Sponsored by:







HERITAGE DAY IN DOUGLASS PARK

Saturday, May 8, 3-6 pm

Location: Douglass Park

The unofficial opening of Douglass Park for the summer! Activities include balloons and face painting, lawn games for kids and adults, live music and entertainment, free food and family fun. Free for all ages. Bring your lawn chair and enjoy your neighborhood park!

Sponsored by:



Healthy Blue



MOVIES IN THE PARK

2nd Friday of each month, May through Sept

Check the P&R Facebook page and website for updates slated to Covid-19.

SPONSORED BY:





COSMO PARK NEAR NICKELL SHELTER

Show up early for concessions, food trucks, and to grab a great seat. Movies are shown on a giant inflatable screen, so grab a blanket or lawn chair (and maybe a favorite stuffed animal) and join us under the stars. Free to attend courtesy of Healthy Blue!



MAY 8, 8:30 PM - NIGHT AT THE MUSEUM (PG)

(Drive In) Free, Must pre-register

Larry (Ben Stiller) is the newest night guard at the Natural History Museum, and he's in for a startling discovery! Thanks to an ancient Egyptian curse, the museums exhibits spring to life every evening. Larry must save the day with help from Sacagawea, Teddy Roosevelt, a capuchin monkey, and a host of other wild characters.

JUNE 11, 8:45 PM - TROLLS WORLD TOUR (PG)

Poppy (Anna Kendrick) and Branch (Justin Timberlake) are back in this sequel as they explore the six troll tribes, each with their own variety of music. When rockers set out to destroy the other music, they must unite the trolls and save their diverse melodies.

JULY 9, 8:45 PM - SPIES IN DISGUISE (PG)

Super spy Lance Sterling (Will Smith) and scientist Walter Beckett (Tom Holland) are polar opposites, but when events take an unexpected turn they have to rely on each other in a whole new way to save the world from peril.

AUGUST 13, 8:30 PM - ONWARD (PG)

Teenage brothers, Ian (Tom Holland) and Barley (Chris Pratt) embark on a magical quest to spend one more day with their late father. Like any good quest, their journey is filled with cryptic maps, impossible obstacles, and fantastic creatures.

SEPTEMBER 10 7:45 PM - TITLE TBD



SPONSORED BY:



3rd Wednesday, June-September, 5-8p, Free!

New for 2021 - We're taking FFF on the road with a new park each month! Entertainment for the entire family will include music, food trucks, live performances, and interactive activities with a new theme each month.

IUNE 16: COMO BICENTENNIAL BIRTHDAY BASH Cosmo Park

Columbia is turning 200 in 2021 and this party will have everything you'd want out of a birthday in the park! Inflatables, crafts, live entertainment, and even cake! Visit with police officers, fire fighters, stroll through the Bookmobile and make birthday and history themed crafts. Grab your invite and come on out!

IULY 21: HEALTHY HABITS

Clary-Shy Park

sponsored by The ARC (Activity and Recreation Center) July is Parks and Rec Month, so join us in the park to learn and experience exciting ways to stay fit.

AUGUST 18: BOOKWORMS AND BUTTERFLIES Albert-Oakland Park

Dust off your summer reading list for this new theme in 2021! We'll dive into the beautiful world of reading and enjoy the natural world around us. Books of all kinds will be available on the Daniel Boone Regional Library's Bookmobile, plus reading oriented activities and education about pollinators, birds, and other natural wonders will make this double-threat theme fun for all.

SEPTEMBER 15: CREATIVE KIDS

Cosmo-Bethel Park

Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

SPONSORED BY:















All current COVID-19 guidelines set by the Columbia/Boone County Department of Public Health and Human Services will be in place. COVID-19 may lead to the modification or cancellation of some activities; please check CoMo.gov/parksandrec or call 573.874.7460 for current information.

MOM AND SON SPORTS CHALLENGE OBSTACLE COURSE

Wednesday, May 12, 5:45-6:45 pm

Armory Sports Center gym Ages 6-14, \$5 per team of two

Ready for battle to see who is the best athlete in your family? Bring your mom or another mother figure in your life for an evening of friendly competition running through our sports obstacle course. You will be dribbling, throwing, balancing, and running. Please make sure to bring your own water bottle; all COVID-19 guidelines will be in place. Preregistration required due to limited space. For more information or to register contact 573.817.5077 or Mary.Dewey@como.gov.

FATHER AND DAUGHTER SPORTS CHALLENGE OBSTACLE COURSE

Wednesday, June 9, 5:45-6:45 pm

Armory Sports Center gym Ages 6-14, \$5 per team of two

Ready for battle to see who is the best athlete in your family? Bring your dad or another father figure in your life for an evening of friendly competition running through our sports obstacle course. You will be dribbling, throwing, balancing, and running. Please make sure to bring your own water bottle; all COVID-19 guidelines will be in place. Preregistration required due to limited space. For more information or to register contact 573.817.5077 or Mary.Dewey@como.gov.

BIKE SAFETY RODEO

Call 817-5077 for details.

Location: Karis Church parking lot, 606 Ridgeway Ave
For kids ages 3-16 who love to ride bicycles! Test your skills in a 9-step
skills course and learn the rules of the road. A limited number of helmets will be distributed and bike registration will be available.

NATIONAL TRAILS DAY, SEE PAGE 21

1. Online: Go to www.CoMo.gov 2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash. 3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700. 4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online) 5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)



TAKE THE PLAYGROUND CHALLENGE!

May 17-Sept 6

Columbia Parks and Recreation wants you to have a fun safe summer while enjoying park playgrounds. Did you know that Columbia's park system has 49 parks with playgrounds? Each playground has a variety of play features and many have loop trails and shelters with picnic tables. Our challenge for you is to go outside and explore your park playgrounds while staying SAFE, all summer long. Visit playgrounds at ten or more different parks, track your visits and turn in your completed tracking sheet to Columbia Parks and Recreation. All participants will receive a small prize. Visit twenty parks or more and you will be entered into the grand prize drawing for a \$100 gift certificate from Parks and Recreation. Visit CoMo.gov in May for information and tracking sheets.

ART IN THE PARK

June 5-6, 10 am-5 pm Saturday, 10 am-4 pm Sunday

Stephens Lake Park

Columbia Art League's fine arts and fine crafts festival featuring artists from across the country plus strolling magicians, art installations and art-making activities. Free parking at Boone Medical Plaza plus free shuttle. Organized by the Columbia Art League. Visit http://artintheparkcolumbia.org.

SHRED FEST SKATEBOARDING EVENT DATE TBD, 4-7 pm

Columbia Skate Park at Cosmo Park

Celebrate all of the fun of skateboarding with Shred Fest 2021. This event is FREE and open to the public. Whether you're an expert shredder, new to the sport, or just a curious spectator, there's fun to be had for all! The afternoon will feature music, helmet giveaways, food, and a best trick contest. Presented by Columbia Parks and Recreation, Parkside Skate Shop, Youth Community Coalition and Gumby's Pizza. For more information, visit ParksideSkateboards.com.

Special Events



IUNETEENTH CELEBRATION BLOCK PARTY

Saturday, June 19, 12-2 pm

Douglass Park

Join Parks & Recreation for a fun and free event. Activities include balloons and face painting, lawn games for kids and adults, live music and entertainment, free food, plus family fun. There will also be a program and activities dedicated to celebrating Juneteenth. This event is free for all ages.





💖 Healthy Blue

FIRE IN THE SKY INDEPENDENCE DAY **CELEBRATION**

The 69th annual celebration of an American tradition See back cover for details

DI IN THE PARK

July 17, August 14; 4-6 pm

Douglass Park

A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.

LAWN CHAIR CONCERT IN THE PARK

Sunday, July 18; 3-5 pm

Douglass Park

Bring your lawn chair and blankets to the park and enjoy free concerts with great music!

COOLIN' DOWN WITH THE BLUES

Sunday, August 15, 4-7 pm

Douglass Park

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

INDIAN HILLS BLOCK PARTY

Saturday, August 21 12-2 pm

Indian Hills Park

Join Parks & Recreation for a fun and free event. Activities include balloons and face painting, lawn games for kids and adults, live music and entertainment, free food, plus family fun.









SPLAT IR. OBSTACLE **COURSE MUD RUN**

The 8th annual Splat Ir. Obstacle Course brings a new and improved course and obstacles in 2021! The Splat challenge is for kids ages 4 -15 years old. Depending on age, participants will complete a 1K (4-5 year olds),



2K (6-8 year olds) or 3K (8-15 year olds) course with age appropriate obstacles including walls, pipes, tires and, of course lots of mud! Splat is a great event for individual kids, siblings or groups (sports teams, birthday parties or any group wanting to take part in a unique and memorable event).

Registration includes a Splat t-shirt, Splat finisher medal and Splat bag. Each wave has a 150 participant cap.

This event has a history of selling out, so register early. We can't wait to see the big smiles on muddy kids! Location: Gans Creek Recreation Area

Activity #	Date	Time	Age	Price
307906-01	Sa: Jul 10	8:30am	4-5	\$25
307906-02	Sa: Jul 10	9:00am	4-5	\$25
307906-03	Sa: Jul 10	9:30am	6-8	\$25
307906-04	Sa: Jul 10	10:00am	6-8	\$25
307906-05	Sa: Jul 10	10:30am	6-8	\$25
307906-06	Sa: Jul 10	11:00am	8-15*	\$25
307906-07	Sa: Jul 10	11:30am	8-15*	\$25
307906-08	Sa: Jul 10	12:00pm	8-15*	\$25

*Please note that waves 6, 7 and 8 are a longer distance for 8 to 9 year olds than waves 3, 4 and 5.

Sponsored by:











COMO200K CHALLENGE

As Columbia celebrates its Bicentennial Anniversary in 2021, Columbia Parks and Recreation will host the CoMo 200K Challenge. This (mostly) virtual challenge will encourage participants to complete 200 kilometers (124 miles) on Columbia's amazing trail system and waterways (walking, running, biking, rolling, swimming or paddling all count!) over the course of 3 months. This challenge will begin April 3, 2021, and conclude on July 4, 2021, at the Fire In The Sky event site (dates subject to change)

Location: Columbia's trails and waterways

Activity #	Date	Age	Time	Price
307387-01	Apr 3-July 4	All	NA	\$20

Sponsored by:



200 TREES FOR 200 YEARS

In celebration of 200 years, we're planting 200 trees throughout our park system this year! Each tree will be designated with a permanent marker indicating it was planted as part of Columbia's bicentennial! Donors will be mentioned on the marker.

Sponsored by:



AFRICAN AMERICAN HERITAGE TRAIL SELF-GUIDED WALK

Take this tour on the two-mile urban trail in the heart of Columbia that honors local Black people and institutions from the City's first 200 years. Experience the trail on your mobile device by downloading the free Otocast app on iPhone and Android to tour the trail on your own. Each stop on the tour and includes photos, written and audio descriptions and geolocation mapping to guide you.

FIND THE GOLDEN HIKING BOOT, SEE PAGE 21
FAMILY FUN FEST BIRTHDAY BASH. SEE PAGE 47

Columbia Parks and Recreation is pleased to announce the following events as part of our City's bicentennial!



A special thank you to Machens Automotive Group for their support of these events.

FILM SCREENINGS AT RAGTAG CINEMA

July 3-4, 2021

The team at Ragtag is planning a lineup that reflects on our collective history here in Columbia and beyond.

ROSE MUSIC HALL PROGRAMMING

July 3-4, 2021

To celebrate CoMo's 200th birthday, Rose Music hall is assembling a weekend of great local artists celebrating Columbia's past, present and future. Enjoy this laid-back indoor/outdoor event with your family and friends!

BLUE NOTE PROGRAMMING

July 3-4, 2021

Join the CoMo 200 festivities at the Blue Note. Programming on Saturday and Sunday will include an outdoor concert on Saturday evening and historical programming during the day on Sunday. Learn about our community's past and celebrate the bicentennial in one of Columbia's most iconic spots!

BANNERS ON BROADWAY

June-July

Visit Como200.com for details as they become available!

POP-UP PARKS

Spring 2021, community-wide

In the spirit of bringing our community together, CoMo 200 will host four pop-up parks in neighborhood parks all over Columbia this spring! History, education, art and fun will be on the menu at these family-friendly events leading up to Columbia's bicentennial celebration in July.

GOLF CART SPRING TOUR

April 2021, community-wide

Columbia Parks and Recreation will be offering a tour of many of Columbia's trails by way of a guided golf cart tour. This is a special opportunity because the trail is usually closed to motorized vehicles. Participants will learn about the history of Columbia's trails, how the trail system is growing and future plans for the trail system. Tours will be offered 3 times on 2 weekdays in April. Limit of 12 participants per tour! Visit CoMo.gov and watch for details.

BLUE THUNDER TRACK CLUB 200 LAP CHALLENGE

April-July 2021

This year, we'll challenge our Blue Thunder track athletes to complete 200 laps by July. They will be responsible for this on non-practice days. The first 25 finishers will earn a gift certificate for their hard work.

CELEBRATION OF 200-YEAR-OLD TREES

In honor of Columbia's bicentennial, Parks and Recreation will place historic markers at the location of trees that were likely alive when Columbia was first founded.

HERITAGE FESTIVAL SEPT 18-19, 2021

Watch for the fall Leisure Times for details, coming out August 11!

FOR OTHER MACHENS-SPONSORED EVENTS SEE:

Movies in the Park, page 46 Stephens Lake Amphitheater Series, page 46 Family Fun Fests, page 47 Fire in the Sky, page 56































SPECIAL EVENTS CALENDAR

EVENTS LISTED ARE TENTATIVE AND MAY BE MODIFIED OR CANCELED TO MEET COVID-19 GUIDELINES.

MARCH	JUNE CONTINUED
3FOOD TRUCKS IN THE PARK,	16FAMILY FUN FEST: COMO BICENTENNIAL BIRTHDAY BASH,
Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm	Cosmo Park, 5-8 pm, Free
10WOMEN'S MONTH FILM, "JOY"	19JUNETEENTH CELEBRATION BLOCK PARTY,
Armory Sports Center, 6:30 pm, Free	Douglass Park, 12-2 pm, Free
13BLUE THUNDER REGISTRATION DAY,	19BIKE SAFETY RODEO,
Armory Sports Center, 2-5 pm, \$110	Karis Church parking lot, TIME TBA, Free
27 EASTER BUNNY'S PARK HOP,	20STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, MISSOURI
Douglass Park and Albert-Oakland Park, Free	SYMPHONY SOCIETY, 7 pm, Free
-	26YAPPY HOUR,
APRIL	Twin Lakes dog park, Session 1: 12-2:30 pm; Session 2: 2:30-5 pm, \$10 per dog
	and person
3 EASTER BUNNY'S PARK HOP,	JULY
Bonne View and Nifong Park, Free	
3COMO200K CHALLENGE KICKS OFF	4 FIRE IN THE SKY, ENTERTAINMENT AT 6:30, FIREWORKS AFTER 9 PM, FREE
7FOOD TRUCKS IN THE PARK,	7FOOD TRUCKS IN THE PARK,
Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm	Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm
24 COLUMBIA YOUTH INTRO TRACK MEET,	8 STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, COMMUNITY
Hickman HS Track, 9 am check in, \$7	BAND, 7 PM, Free
MAY	9 MOVIES IN THE PARK, SPIES IN DISGUISE,
	Cosmo Park, 8:45 pm, Free
1MLB JR HOME RUN DERBY,	10SPLAT! JUNIOR OBSTACLE COURSE MUD RUN,
American Legion Park,9:30 am check in, Free	Gans Creek Recreation Area, Times vary according to wave, \$25
1MLB JR PITCH HIT AND RUN,	21FAMILY FUN FEST: HEALTHY HABITS,
American Legion Park, 9:30 am check in, Free	Clary-Shy Community Park, 5-8 pm, Free
5FOOD TRUCKS IN THE PARK,	17DJ IN THE PARK,
Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm	Douglass Park, 4-6 pm, Free
8HERITAGE DAY IN DOUGLASS PARK,	18LAWN CHAIR CONCERT IN THE PARK,
Douglass Park, 4-7 pm, Free	Douglass Park, 3-5 pm, Free
8DRIVE-IN MOVIE: NIGHT AT THE MUSEUM,	ALICUST
Cosmo Park, 8:30 pm, Free	AUGUST
12 MOM AND SON SPORTS CHALLENGE,	4 FOOD TRUCKS IN THE DARK
Armory, 5:45 pm, \$5	4FOOD TRUCKS IN THE PARK,
17TAKE THE PLAYGROUND CHALLENGE KICKS OFF	Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm
JUNE	5STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES, TBD, 7 PM, FREE
JOINE	13MOVIES IN THE PARK, ONWARD,
2 FOOD TRUCKS IN THE DARK	Cosmo Park, 8:30 pm, Free
2FOOD TRUCKS IN THE PARK,	14
Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm	Douglass Park, 4-6 pm, Free 15
5NATIONAL TRAILS DAY, FIND THE GOLDEN HIKING BOOT	
5-6	Douglass Park, 4-7 pm, Free
Stephens Lake Park, Free	18 FAMILY FUN FEST: BOOKWORMS AND BUTTERFLIES,
9 FATHER AND DAUGHTER SPORTS CHALLENGE,	Albert-Oakland Park, 5-8 pm, Free
Armory, 5:45 pm, \$5	21INDIAN HILLS BLOCK PARTY,
11 MOVIES IN THE PARK, TROLLS' WORLD TOUR,	Indian Hills Park, 12-2 pm, Free
Cosmo Park, 8:45 pm, Free	



SPOTLIGHT ON TRAILS

COMPLETED! Rollins Street Connector

This long awaited connection for the Hinkson Creek Trail is now complete! The new 0.50 mile concrete trail connects the east side of the University of Missouri campus near the 1700 block of Rollins Street via a bridge over the Hinkson Creek to the cul-de-sac at Bluff Dale Drive, providing nonmotorized transportation access for citizens traveling to and from the University of Missouri campus or downtown Columbia and a new recreation opportunity for individuals and families. Funding for construction was provided by the federal GetAbout Phase II funds and administered by the Public Works Department. An additional trail connecting to Stadium Boulevard and the Hinkson Creek Trail is the next phase of development. Together, these two connections will provide an important link in the proposed 30-mile trail loop.

Spring is a good time to get out and explore Columbia's trail system!





of Columbia households use the trails!



SPOTLIGHT ON PARKS

LOOK WHAT'S NEW AT Bear Creek Park

The Bear Creek Park playground by the shelter was recently replaced with updated play equipment. Playgrounds have a life span of 20-25 years. With over 50 playgrounds in Columbia's park system, 2-3 playgrounds need to be replaced each year. Thankfully, the Park Sales Tax provides the funding needed for park playground replacements.



Old Swing Set

Replacement Swing Set



This project was funded by the Park Sales Tax!

Replacement Playground

LEISURE TIMES

SPRING / SUMMER 2021 Columbia Parks & Recreation Dept.

7th & Broadway, 1 S. 7th St. P.O. Box 6015 • Columbia, MO 65205-6015

Monday-Friday 8am-5pm Phone (573) 874-7460

Fax (573) 874-7640

Recreation Hotline (573) 874-7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced weekdays after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

Administrative Staff

Mike Griggs, Director
Erika Coffman, Recreation Services Manager
Gabe Huffington, Park Services Manager
Visit our Web page
CoMo.gov

The activities and services included in Leisure Times span a six-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Cycling on the new Rollins Street Connector

Five Ways to Register:

1. Online: Go to www.CoMo.gov

2. Walk-in: You can register at the downtown office

1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.

3. Phone-in: If you wish to pay with Mastercard or Visa, you can

register over the phone by calling (573) 874-7460 or

(573) 874-7700.

4. Mail-in: Mail to Columbia Parks & Recreation,

P.O. Box 6015, Columbia, MO 65205. (Form Online)

5. Fax-in: Fax to Columbia Parks and Recreation

(573) 874-7640. (Form Online)





Over the last three years, volunteers have worked more then 200 hours for parks and recreation's Columbia Aquatic Restoration Project (CARP) to help manage the City's structures.

COLUMBIA PARKS AND RECREATION IS A MEMBER OF







A National Gold Medal Department

If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573-874-7460.

As a recipient of federal funds from the U.S. Department of Interior, the Columbia Parks and Recreation Department operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act Under Title VI; the U.S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans With Disabilities Act.



MACHENS.COM















Help us commemorate Columbia's rich history and honor the 200th anniversary of the City of Columbia!

Join us throughout 2021 for various events and activities!

Visit Como200.com for details.